UNDOING YOURSELF

with Energized Meditation and Other Devices

Christopher S. Hyatt, Ph.D.

Introduced by
Robert Anton Wilson and Israel Regardie

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NEW FALCON PUBLICATIONS
TEMPE, ARIZONA, U.S.A.

International Standard Book Number: 0-56184-057-2
Library of Congress Catalog Card Number: 82-83293

First Edition 1982
Second (revised) Edition 1986
Third (revised) Edition 1987
Fourth (revised) Edition 1989
Fifth (revised) Edition 1993
Sixth (revised) Edition 1997
Seventh (revised) Edition 1998
Eighth (revised) Edition 1999
Ninth (revised) Edition 2002*

*Dr. Hyatt gave himself the 9°

German Edition By Rowohlt Verlag
Japanese Edition By Majo-No-Ie Books

"Kingdom of the Beast" by Christopher S. Hyatt &
S. Jason Black, artwork by S. Jason Black
Cover by Amanda Fisher

The paper used in this publication meets the minimum requirements of the American National Standard for Permanence of Paper for Printed Library Materials Z39.48-1984

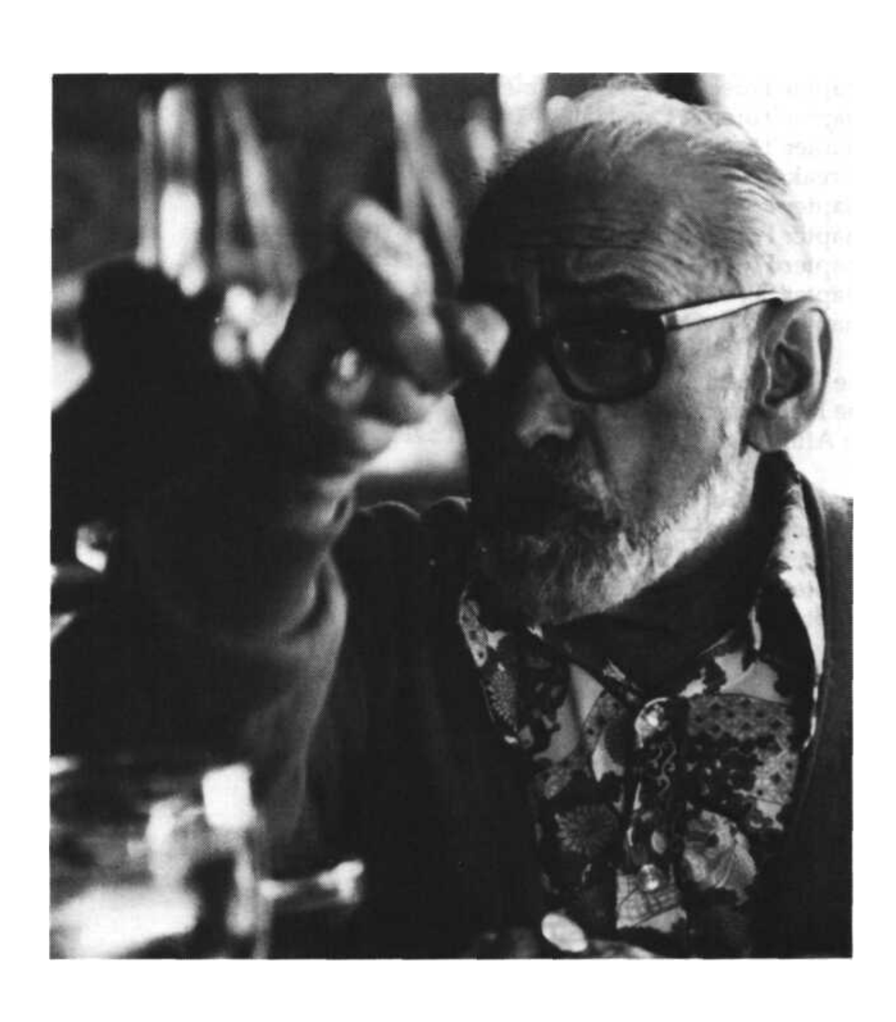
Address all inquiries to:
NEW FALCON PUBLICATIONS
1739 East Broadway Road #1-277
Tempe, AZ 85282 U.S.A.
(or)
320 East Charleston Blvd. • #204-286
Las Vegas, NV 89104 U.S.A.

website: http://www.newfalcon.com
email: info@newfalcon.com

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Israel Regardie
(1907-1985)



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NUIT

BUDDHA

ZOHAR

G	JW
IR	BB
AC	DPW
LMM	MRM
BSR	GS
VLK	TL
FTM	RAW
JSW	ARM
JMS	ZS
ELR	BM
CCW	KCR
RARW	RAY
KSM	LR
JCL	RW

And all my Unknown Daughters & Sons

This Edition
is dedicated to the following:

To Esther Karnes
(Aunt EEEE)
who taught me love and mercy

To Ben Jacobson
(Uncle Buddy)
who taught me integrity, severity and forgiveness

To Toby Rosen
who loved me when no one else could

To Jimmy Casto
a friend, brother and co-conspirator for freedom and individuality

and to
Gary Sibley
whose honor and loyalty is beyond all words

INTRODUCTION

by

Robert Anton Wilson, Ph.D.

The one sure way to make yourself unpopular in the United States these days is to mention the fact that Christianity and Democracy have been among the worst disasters to ever befall the human race. Nonetheless, as all students of history know, Christianity has been the bloodiest and most destructive religion in the long career of fanaticism on this planet; although Liberals and Rationalists keep reminding us of that tragic record of the Religion of Love, few of them have cared to observe or remember the data on warfare collected by Harvard sociologist, Prof. Pitrim Sorokin. In *Social and Cultural Dynamics,* and other works, Sorokin documents beyond all doubt that democratic nations have been involved in more imperialistic wars, and have fought them with greater ferocity, than any other kinds of governments, from the dawn of civilization to the present. Oriental despotisms, absolute monarchies, even modern fascist and communist nations have all had heinous records of tyranny and general human oppression, but collectively they have been much less aggressive and war-like than the democracies, from ancient Athens to modern America.

The blood-thirsty nature of Christianity and Democracy—which is obvious, psychologically, if one listens even for a few minutes to a typical speech by Rev. Jerry Falwell or his good friend Ronald Reagan—is, of course, based on arrogance, megalomania and a deep-rooted sense of total moral superiority to all non-Christian and non-Democratic peoples. But beyond that, the violent nature of Christian/Democratic countries is rooted in the singular delusion shared by both the Religion of Love and the Politics of Liberty. This

delusion is the belief that human beings are born with some sort of metaphysical "free will" which makes them unique in the animal kingdom and only slightly less exalted than the gods themselves.

The "free will" fantasy is not a minor error, like thinking it is Tuesday when actually it is Wednesday. It is not even to be compared to a major intellectual blunder of the ordinary sort, like Marx's notion that once a totalitarian "worker's state" was created, it would then quickly and magically "wither away." It is even more nefarious and pernicious than the medieval lunacy that imagined witches everywhere and burned over 10,000,000 women at the stake on the basis of hysteria, superstition and the kind of hearsay and rumor that no modern court would permit to be entered as evidence. The "free will" delusion is much more serious than any of that. It is the kind of radical 180-degree reversal of reality that, once it enters a person's mind, guarantees that they will be incapable of understanding anything happening around them; they might as well be deaf, dumb, blind and wearing signs warning the world, "ULTIMATE DESTINATION: THE MADHOUSE."

I do not speak flippantly, nor do I mean to be understood as writing satire or polemic. The facts of modern biology and psychology have demonstrated clearly and conclusively that 99 percent of the human race is in a robotic or zombi-like state 99.99999 percent of the time. This does not refer to "other people." It refers to YOU AND ME. As the Firesign Theatre used to say, *We're all Bozos on this bus.* The best that can be said of any of us, usually, is that we have occasional moments of lucidity, but that can be said of any schizophrenic patient.

EAST, WEST AND THE MIDDLE

In the Orient, which has its own idiocies and superstitions, there has always been a singular sanity about the "free will" myth: virtually without exception, all the great Oriental philosophers have recognized that donkeys, grass-hoppers, dolphins, toads, humming-birds, dogs, chickens, tigers, sharks, gophers, spiders, chimpanzees, cobras, cows, lice, squid, deer, and humans are equally important, equally unimportant, equally empty, equally expressive of the "World Soul" or "Life Force." Buddhism, Vedanta and Taoism also recognize that each of these clever animals just mentioned, including

the humans, have about equally as much "free will" as flowers, shrubs, rocks and viruses, and that the human delusion of being separate from and superior to the rest of the natural order is a kind of narcissistic self-hypnosis. Awakening from that egotistic trance is the major goal of every Oriental system of psychology.

Opposing this Oriental recognition of, and submission to, the order of things as they are, and yet opposing also the Christian and Democratic delusions of "free will" and "individual responsibility," there is the hidden tradition of Sufism in Islam and Hermeticism in Europe. This "occult" teaching recognizes that, although domesticated primates (humans) are born as mechanical as the wild primates (such as chimpanzees), there are techniques by which we can become *less* mechanical and approximate in daily and yearly increments toward freedom and responsibility.

These "spiritual" (neurological) techniques of Un-doing and re-robotizing oneself are, of course, of no interest in the Orient, where it is accepted that we are born robots and will die robots; and they are of even less interest in the Christian-Democratic cultures which assume that we are already free and responsible and do not have to work and work HARD to achieve even a small beginning of non-mechanical consciousness and non-robotic behavior.

The Orient forgives easily, because it does not expect robots to do anything else but what was programmed into them by the accidents of heredity and environment. The Christian and Democratic nations are so bloody-minded because they can forgive nothing, *blaming* every man and woman for whatever imprinted or conditioned behavior is locally Taboo. (This is why Nietzsche called Christianity "the Religion of Revenge" and Joyce described the Christian God as a Hanging Judge.) The Sufic and Hermetic traditions are almost Oriental in forgiving robots for being robots, but are far from sentimental about it. As one Sufi poet said:

The fool neither forgives nor forgets;
The half-enlightened forgive and forget;
The Sufi forgives but does not forget.

That is, Sufism and other Hermetic traditions recognize that robots will behave like robots, and does not "blame" them, but it also does not forget, for a moment or even a nanosecond, that we are living in a robotic world — "an armed madhouse" in the metaphor of

poet Allen Ginsberg. Those of this tradition know that when a man spouts Christian and Democratic verbalisms that does not mean he will act with brotherly love at all, at all; he will go on acting like a badly-wired robot in most cases.

Sufism is only the largest of several Near Eastern and European "mystic" movements which recognize the robotry of ordinary humanity but, unlike the Orient, attempt to Un-do and de-robotize those who have a dawning apprehension of their mechanical state and sincerely want to become less mechanical, as far as that is possible. I am not writing a recruiting manual for Sufism (which is doing quite well without my advertisements): I am merely using the Sufi school as one example of the tradition to which this marvelous book, *UNDOING YOURSELF,* belongs.

Most readers, if they have encountered such ideas at all, probably identify them with Gurdjieff and Ouspensky, two of the most talented expositors of a school of neo-Sufism which they peddled under the brand name of "Esoteric Christianity." The present book also owes a great deal to Aleister Crowley, who belonged to this tradition but sold his own brand of it under the label of Gnostic Magick. There is also a strong influence here of the bio-psychology of Wilhelm Reich; but all this tracing of "sources" is ultimately trivial. The importance of Christopher Hyatt's work is what you can get out of it and that depends entirely on what you put into it.

IT WORKS, IF YOU WORK

In my travels, I often encounter people who somehow have gotten the wild idea that I am the Head of the Illuminati (actually, I am at most a toe-nail) and who want me to explain the Secrets of High Magick to them. (Although it is hard to restrain my sense of humor at such times, I usually resist the temptation to tell them they can achieve Total Illumination by singing "Lucy in the Sky with Diamonds" in pig Latin while standing on their heads.) The questions I am asked most often, by those who can ask something more specific than "What is The Secret?" are almost always about Crowley's doctrine of the True Will. People tell me, most earnestly, that they have read ten or twenty or more of Crowley's books, and have read them many times, and still do not understand what "True Will" means.

As Gurdjieff would say, "What does this question signify? It signifies that these people are walking in their sleep and only dreaming they are awake. That is what this question signifies."

There is only one possible reason why people can read Crowley at length and *not* understand what True Will means. That reason seems incredible at first sight, but it is the only reason that can explain this astounding scotoma. The reason many readers of Crowley do not understand True Will is that these earnest students have never performed any of the exercizes that Crowley provides for those who sincerely want to de-robotize themselves and experience what is meant by True Will.

Shortly after my manual of de-mechanization exercizes, *Prometheus Rising,* was published, I was at a Cosmic Con with, among others, E.J. Gold of the Fake Sufi School. He told me that nobody would do any of the exercizes in my book, but I would still get lots of letters from people saying the book had "liberated" them. Since I sometimes think Sufis and even Fake Sufis are perhaps overly skeptical about humanity in its present evolutionary stage, I have made a point of asking people, when they praise that book in my presence, how many of the exercizes they've done.

Most people look faintly abashed and admit they have only done a "few" of the exercizes (which probably means they haven't done any). However, some people claim to have done all or most of the exercizes, and these people generally look so delighted about the matter that I tend to believe them. I therefore conclude that the Sufi and Gurdjieff traditions are wrong in saying that 999 out of 1000 will never work on the techniques of liberation. Actually, it appears to be only around 987 out of 1000 who prefer to talk about the work rather than doing it. At least 13 out of every 1000 will actually do the exercizes.

I have decided that one of the reasons that most readers of self-liberation books never even make the effort to liberate themselves is that reading the books is actually a kind of superstitious "magick ritual," which they think will have an effect with no other effort on their parts. The same sort of superstition leads others to think that peeking at the answers in the back of the book of logical puzzles is as beneficial as solving the puzzles for themselves; and there is even a text out now with the answers to Zen koans, as if the answers, and not the process of arriving at them, were the meaning of Zen.

Aside from such "symbolic magick" (as distinguished from real

magick ritual, which is a type of Brain Change experiment), the main reason people prefer to read neurological exercizes rather than doing the exercizes is the dread and sheer horror which the word "work" invokes in most people. Some great teachers, especially Gurdjieff and Crowley, have literally frightened away thousands of would-be students by insisting on the necessity of HARD WORK (as I also frightened a lot of readers by using those words several times in this essay.)

Of course, there is a quite legitimate reason why the word "work" has such horrible conditioned associations for most people in the modern world. That reason is that most "work" in this age is stupid, monotonous, brain-rotting, irritating, usually pointless and basically consists of the agonizing process of being slowly bored to death over a period of about 40 to 45 years of drudgery; Marx was quite right in calling it "wage slavery." Most people know this, but are afraid to admit it, because to dislike "work" is regarded as a symptom of Communism or some other dreadful mental illness.

I recently heard a politician admit on BBC that the reason English workers are so notoriously "lazy" is that their jobs are so unspeakably sub-human and dull. "If I had to do that kind of work, I would call in sick as often as possible and goof off at every chance," he said flatly. Alas, I had tuned in late and never did catch this chap's name, which is a terrible misfortune for me, since I suspect he is the only Honest Politician in the world.

It is this universal but repressed hatred of "work" that causes almost everybody to despise and persecute the unemployed. Almost everybody envies the folks of the dole (on Welfare, as you say in The States) because almost everybody secretly wishes they could escape their own jobs and live without working.

It has taken me decades to understand this, because I am part of that very fortunate minority who work at jobs we actually enjoy. (It is hard to make me stop working, as my wife will assure you.) The minority who actually loves its work seems to be made up chiefly of the writers, dancers, actors and other artists, most scientists above the technician-troll level, computer freaks, and the righteous dope-dealers of California. Everybody else wishes they had the courage to go on the dole, but is ashamed of the stigma attached to being a non-worker, and resolves the tension by being as nasty as possible to the unemployed on every possible occasion.

HEY! CATCH THIS! A SECRET OF THE ILLUMINATI REVEALED!

Here I want to let you in on a real Secret of the Illuminati, one that has never been published before.

The so-called "work" involved in Brain Change is not like ordinary "work" at all. It is more like the creative ecstasy of the artist and scientist, once you really get involved in doing it. Most people are afraid of it only because they think "work" must be a curse and can't imagine that "work" can be fun.

So it is best not to think of Energized Meditation as "work" at all, at least as you have experienced "work" in most of the world today. It might be better and more accurate to consider the EM exercizes as "play" than as "work." Of course, play has its own rigours, and you do have to put energy into it to become a winner rather than a perpetual loser, but it is still entirely unlike the wage slavery that most people call "work." In fact, to be blunt about it, it is more like sex-play than any other kind of play because it definitely unleashes energies that have erotic as well as therapeutic side-effects. You are a dunce if you avoid it just because you think anything that needs effort must be "work" in the sense that people in factories and offices are suffering from the curse of "work" in our society.

Think of it more in terms of your favorite sport or recreation—fishing or bird-watching or softball or whatever you do with passion and just for the excitement of it. If that kind of thing should not be called "play," then I do not know what "play" means.

So when I wrote "Hard Work," I was just trying to jar you into actually paying attention for once. I really should have said, for accuracy, Hard Play.

The second part of this Secret of the Illuminati is what I have called elsewhere Wilson's 23rd Law. (Wilson's First Law, of course, is "Certitude belongs exclusively to those who only own one encyclopedia." Wilson's Second Law is the Snafu Principle described in ILLUMINATUS: "Communication is only possible between equals." All of Wilson's Laws will be published when the world is ready for the staggering revelations contained therein.)

Wilson's 23rd Law is

Do it every day

This is the most profound of all the Secrets of the Illuminati and I have often been warned that Terrible Consequences will ensue if I reveal it prematurely, but—what the hell, these are parlous times, friend, and this primitive planet needs all the Light that can be unleashed on its dark, superstitious mind. Let me repeat, since I am sure you didn't get it the first time:

Do it every day!

Have you ever wondered why Einstein became such a great physicist? It was because he loved the equations and concepts of mathematical physics so much that he "worked" on them—or played and tinkered with them—every day. That's why Otto von Klemper became such a great conductor: he loved Beethoven and Mozart and that crowd so much that he practised his music every day. It's why Babe Ruth became such a great ball-player: he loved the game so deeply that he was playing or rehearsing every day.

This rule also explains, incidentally, how people destroy themselves. Do you want to become a suicide (it's the fashionable thing in some circles, after all)? Practise being depressed, worried and resentful every day, and don't let anybody distract you with Energized Meditation or any other mind-change system. Do you want to land in jail on an assault and battery charge? Practise getting damned bloody angry every day. If you want to become paranoid, look carefully every day for evidence of treachery and duplicity around you. If your ambition is to die young, do the depression-worry-resentment system every day but center in especially on visualizing and worrying about every imaginable illness that might possibly inflict itself upon you.

(On the other hand, if you want to live as long as George Burns, "work hard" every day at being as cheerful and optimistic as he is.)

Almost anything is possible if you

DO IT EVERY DAY

Of course, this rule does not guarantee 100 percent results. Playing Chopin on the piano every day for 4 or 5 decades does not mean you will become as good as Van Cliburn; it merely means that you eventually will be a better piano player than anybody in your home state. Worrying every day does not absolutely guarantee a clinical depression or an early death, but after only a few years it does

ensure you will be one of the three or four most miserable people in your neighborhood. Writing a sonnet every day for twenty years may not necessarily make you Shakespeare or Mrs. Browning, but it will make you the best poet for an area of about forty to fifty miles, probably. Doing Energized Meditation or similar exercizes does not mean you will be a Perfectly Enlightened Being or a Guru in a few years, just that you will be a great deal happier and a hell of a lot more perceptive, creative and "intuitive" than most people you'll meet in an average city.

There is a story that Bobbie Fisher, the chess champion, was once in a room with other chess masters when the conversation turned to the latest nuclear accident and the effects of the resultant fall-out. Fisher listened impatiently for a few minutes and then exclaimed irritably, "What the hell does that have to do with chess?" While I am not urging that you imitate that degree of monomania or obsession, there is a significant lesson in this tale. The reason Fisher became a champion is that he cared so much about chess that he did not even have to nag himself or remind himself to

do it every bloody day.

WARNING!
THREATS TO THE PRIMATE EGO ARE COMING!

Unfortunately—while the Energized Meditation system is fun, and erotic, and makes you "smarter" (in the sense of more aware of detail and complexity), and even jolts you out of total mammalian reflex behavior into something approximating in slow but definite increments toward that mystic "free will" Christians claim you were given at birth, and I recommend it heartily—I must admit that there are pages coming up shortly in this book that will probably make you extremely uncomfortable.

Dr. Hyatt is a rude, insulting and deliberately annoying writer. He does not soothe or pacify the reader with the Christian and Democratic mythology of our society by pretending that we are all free and rational people here. He insists on reminding us, every few pages, in the most blunt language possible, that most of us most of the time are conditioned chimpanzees in a cage.

Don't let it worry you too much.

The situation is this: there are mechanical systems operating throughout the domesticated primate (human) organism, each on different levels. For instance, as Bucky Fuller liked to say, you never sit down and ask how many hairs you should sprout on your head and body in the next week: that is one of the thousands of biological programs that operate entirely on mechanical circuitry. Except in various systems of yoga, you do not have much control over your breathing, either: that is also an auto-pilot. The digestive-excretive circuits also operate with a minimum of conscious attention or strategy, except when you need to find a public toilet and the bars are all closed. (Make a list of ten more programs that keep you alive and functioning, over which you have never had any conscious control. Be one of the 13 readers out of a thousand who actually do it before reading on.)

The reason that mystics and certain other psychologists are always "attacking" the ego is that the ego is the one mechanical circuit that suffers chronically from the illusion that it is non-mechanical and "free."

The ego and its delusions must be undermined—either attacked openly and bluntly, as in the Gurdjieff system and this book, or subverted more subtly and slowly, as in certain other systems—before any real progress can be made toward "liberation," "enlightenment," "finding IT," discovering the "True Will" in Crowley's sense, or whatever is your favorite term for becoming less robotic and more aware—less the computer and more the programmer of the computer—less the conditioned rat in the Behaviorist's maze and more the Beyond-Human that the Sufic-Hermetic traditions and Neitzsche have predicted.

The main reason you shouldn't be afraid of this attack on your precious little ego is that the ego is infinitely resourceful and finds ways to sneak back into its habitual mechanical trance no matter how many times you think you have Awakened once and for all. This is another Secret of the Illuminati and explains the great humility and the keen sense of humor of all the genuine Mages. In other words, if you think it is scary to lose your precious primate ego abruptly and forever, don't worry about that; it is no more likely than becoming the world's greatest Rock star tomorrow morning. The only real way to get loose from mechanical ego trips is to learn

several ego-transcending games and then for twenty or forty years or longer DO THEM EVERY DAY

Before you put that much effort and time into it, you need not worry that your wonderful, precious and totally marvelous Ego will go away suddenly, it will merely get transformed a bit, "enlarged" in perspective and "reduced" in conceit (a little), freed from some of its more idiotic habits, and it will even pretend to go away at times, but it will always come back and usually at the most embarrassing times. It's easier to assassinate the President of the United States than to kill your own ego.

500 micrograms of pure Sandoz LSD will "destroy" the ego more totally than any of the EM exercizes in this book—atom bomb it out of existence, as it were. The results even in that case, as all old acid-heads will assure you, are, however spectacular, always temporary. As Dr. John Lilly wrote in *Programming and Metaprogramming in the Human Biocomputer,* after a heavy trip on genuine laboratory Acid,

> For a time, the self then feels free, cleaned out. The strength gained can be immense; the energy freed is double . . . Humor appears in abundance, good humor... Beauty is enhanced, the bodily appearance becomes youthful . . . These positive effects can last as long as two to four weeks before reassertion of the old programs takes place.

We are the products of mechanical genetic programs, mechanical imprints and mechanical conditioning, just like the other animals. The progress to post-animal, non-mechanical and trans-ego freedom is often rapidly accelerated for a period, or several periods, of sudden flash-like Awakenings and post-human perspectives, and I personally suspect that is happening increasingly under the stress of our age of terrorism and accelerated evolutionary change, but the ultimate result of a true transcendence of robot consciousness is approached in slow increments over years and decades. (Total "freedom" from mechanism on all circuits seems impossible to me, in my current level of ignorance. I don't think the organism would survive if most of it did not remain a smooth-running and unconscious machine.)

E.J. Gold of the Fake Sufi School, mentioned earlier, has a saying to the effect that the attempt to achieve total Transcendence of

mechanical ego programs is as absurd as "sticking toothpicks between your eyelids to be sure you never go to sleep for a moment." There seem to be genuine biological reasons why we need to spend about one third of our lives asleep and a large part of the other two-thirds half-entranced by mechanical conditioned processes. The purpose of all schools of liberation is to wake up fully often enough to have some perspective outside the sleeping and conditioned ego states.

WHAT "IS" ALL THIS?

The great Dublin scientist and philosopher, de Selby, once took an empty jam jar and filled it with all the small cruddy items he could find around the house. The fuzz that accumulates on carpets, the dust on book shelves, bent paperclips, broken staples, the grunge from bathtub rings, grotty kitchen encrustations, nameless shards of forgotten plaster statues long broken, archaeological excavations from the cellar, miscellaneous delvings in the rubbish bin, torn covers of match books scrawled with inscrutable phone numbers, even belly-button lint, all went in. This was a labour of some weeks, and when it was finished even de Selby himself could not remember or classify the total contents of the jar. He then selected a statistical universe of 123 Dubliners and 246 visitors form England or the Continent just off the Dun Laoghaire ferry and asked each to guess what the jar contained.

77.6 percent of the sample answered at once, "Oh, I know, it is——" and then made some wild guess. (The most common guess, given by 54.3 percent, was that it "was" the stuff mixed into the curry sauce in Pakistani restaurants. Others commonly said it "was" uranium ore, wood cement and tree bark.)

Of the 22.4 percent who did not guess what it "was," 83.5 percent immediately asked the directions to Clontarf Castle and presumably did not want to guess because they were in hurry to catch the evening Musical show.

De Selby concluded that most Europeans, at this stage of evolution, believe that everything and anything can meaningfully be described in a simple proposition in the form, "This is a thingamajig."

I believe, on the basis of experience, that similar results would be found in an American sample of the same size. We are still haunted

by the ghost of Aristotle, the bloke who first tried to describe and explain the whole universe in permutations of sentences having the form, This is a Y, All Z are Y, Some Y are X, therefore some Z are X. Most people, and especially most politicians and clergymen, remain firmly convinced that anything and everything can be meaningfully discussed in that Aristotelian manner—or as Ernest Fenollosa once said, Western culture thinks that "A ring-tailed baboon is not a Constitutional Assembly" is one of the two types of meaningful statements (the other being "The U.S. Congress and U.K. Parliament are Constitutional Assemblies.")

From the point of view of current science, c. 1980-87, there appear to be two things wrong with this Aristotelian mind-set. In the first place, scientific models are not expressed in this metaphor of identity (A is a B) but in the functional language of relationships (When A moves an increment of x in any dimension, B will move an increment of y in some other dimension.) The latter type of functional statement allows for scientific predictions, which can be partially verified or totally refuted by experience and experiment; the former, Aristotelian type of is-ness statement leads only to verbal argument.

The second objection to Aristotelian A is a B statements is that they appear totally contradicted by neurology and experiments with instruments. Neurologically, we never know what A "is," but what it appears to our senses and brain. The senses pick up some (not all) the signals of the space-time event and the brain edits and orchestrates these signals into some familiar Gestalt. (This seems to be how de Selby's subjects edited and orchestrated a jar full of junk into Pakistani sauce or uranium ore.) Instrumentally, the same editing goes on. An instrument does not tell us what A "is" but what class of signals from A that particular instrument can measure. A voltmeter tells us nothing about the temperature of A, a thermometer tells us nothing about the height of A, a ruler or scale tells us nothing about the molecular structure of A, etc.—each instrument creates its own gloss or reality-tunnel, just as our inner instruments (brain and perceptors) create a gloss or reality-tunnel. To speak accurately, we should never say "This 'is' an A," but, rather, "This seems to fit the category of A in my system of glossing or in this instrument's reality-tunnel."

Does this sound like pedantry or unnecessary hair-splitting? Consider for a moment the human suffering and social catastrophes

that have been unleashed in various times and places by such statements as "Miss Jones is a witch," "Mr. Smith is a homosexual," "Mr. Goldberg is a Jew," "This book is heretical," "This painting or photo is pornography." If you think about this deeply enough, it might almost appear that the Catholic witch-hunts, most idiotic censorship, Hitler's annihilation camps and quite a few other historical horrors never would have happened if we had no words for "is" in our languages, or if we remembered that "is" always functions as a metaphor.

Most of the guilt and "chronic low-grade emergency" (as Fritz Perls called it) which keeps you from realizing your full potential can usually be traced to some sentence having the form "I am a B" in which B equals roughly "no-good shit." That sentence got conditioned into you when you were very young and you may not think it consciously any more, or you may well think it and even say it aloud frequently, but if you feel basically unhappy with your life some such sentence exists somewhere in your brain.

Even is-ness sentences that seem factual contain dangers due to the mechanical-conditioned level of most human consciousness on this planet at this time. "He is a homosexual" may appear a safe remark when heard in a Group Encounter session, or at a San Francisco cocktail party, but in the Bible Belt, "homosexual" contains the conditioned association of "sinner" and particularly nefarious "sinner" at that, and it is not unknown for violence or even murder to result from this is-ness sentence, just as "Jew" seems to be a neutral label for one of three major religions of the West but in Nazi Germany signified somebody subject to arrest, slave labor and eventual execution.

I read recently in a science-fiction fan magazine, "The Irish really are disgusting." Leaving aside my own mechanical prejudices (as a person of partially Irish genetic structure who lives by preference in Ireland) the most fascinating thing about this is-ness statement seems to me that it occurred in a publication where one would never see such semantically isomorphic statements as "The Jews really are sub-human" or "Women really are inferior to men."

To quote Mr. G. again, "What does this signify? It signifies that most people are walking in their sleep and dreaming they are awake." That is, certain historically infamous types of racial or sexual stereotypes have become unfashionable and virtually Taboo in "educated" circles, but the mechanical conditioned reactions

underlying such stereotypes still exist, the machine is still asleep, in Gurdjieff's terms, so people who would not stereotype Jews see nothing inconsistent in stereotyping the Irish or the Poles or some other group. In a mechanical or primitive stage of evolution, this cannot be considered surprising.

What does still surprise me (occasionally) is that people who can see this mechanical level of functioning in others can remain blissfully oblivious of the same mechanisms in themselves.

One way to understand Energized Meditation, and simultaneously grasp the significance of what I have just been saying about Aristotelian habits, is to apply mathematical subscripts to significant nouns in the manner urged by the semanticist, Alfred Korzybski. For instance, the Nazi mentality consists of something like

$$\mathbf{Jew_1 = Jew_2 = Jew_3 = Jew_4\ etc.}$$

Now this is obviously false to sensory-sensual space-time experience. In sensory-sensual space-time experience—or what we ordinarily call "reality" if we haven't been ruined by philosophy courses—every Jew we meet is a specific event in the space-time continuum. The first may be a poet, the second an actress, the third a grocer, etc. if we place this group in the gloss of category-by-occupation. Put them in the category of good looks, and the first may seem as handsome as Paul Newman, the second as unhandsome as Edward G. Robinson, the third as cute as Barbra Streisand, etc. Put them in any other grid, and differences still emerge, just as there are no two leaves on an oak tree that are exactly the same in all respects.

Don't go back to sleep yet; hang in there a moment. We are not preaching a sermon on "tolerance" like a 1950s Hollywood movie. We are just using anti-semitism as an example of a mechanical mental set that illuminates many, many other mechanical mental sets that you are going to have to recognize in yourself if Energized Meditation is to do you any good.

For instance, at the beginning, for the shock effect, I said some critical things about Christianity and Democracy. If you drew the conclusion that I dislike *all* aspects of Christian and Democratic society, you had a mechanical "is" somewhere in your evaluations. In fact, I would much rather live in Christian Democratic nations, for all their faults, than in any of the Moslem Fundamentalist nations or Buddhist nations, and I would rather be gored by a rhinoceros than try

to live in a Marxist nation. As for fascist nations, whether I tried to cope or not, I rather suspect they would shoot me in a few months, if not in the first week.

If the Nazi mentality acts "as if Jew_n = Jew_k or any Jew is "the same" as any other Jew, people who seem a lot more sophisticated often act "as *if* any Rock music = any other Rock music (it "is" all equally wonderful or equally "barbarous")/ or any science fiction novel = any other science fiction novel (the book critics in *Time* seem to have that mechanical conditioned reflex), or "all television should be abolished" (there was a book on that subject recently, in which the author seriously seemed to have the Nazi-like hallucination that TV $show_n$ = TV $show_k$), or any cop = any other cop, or any fast food place is as "bad" as any other fast food place, etc.

Mechanical reactions are the statistical norm; full conscious attention remains very rare. (That's why one Zen Master always gave the answer "Attention!" when he was asked what Zen "is.") We started from that unChristian and unDemocratic premise and we have worked our way back to it by a circuitous route, but now perhaps we can see more clearly what this mechanical A=B hypnosis does to us.

We have been using examples of difference between elements of the "same" group, but no element remains unchanged in time. Consider yourself as an element, X, in the group "humanity." It should be obvious that

$$\mathbf{X_{1987}\ is}\ \textit{not}\ \mathbf{X_{1976}}$$

You have changed quite a bit in the last ten years, have you not? If people weren't in the habit of calling you by the same name, you might not even "believe" that the You of today "really is" in some sense the You of 1976. In fact, if you can forget your name for a few moments, the entity or more precisely the space-time event called You obviously was changing, sometimes faster and sometimes more slowly all through the decade. If you are more than 20 years old, just think of how absurd it would be to claim that the You of 1986 "really is" the You of 1966 ...

Think about this seriously. It would be a damned good idea, right now, to make a list of ten important changes that have occurred in "You" since 1966 and ten changes since 1976. Is it too much trouble to get a paper and pen? Well, at least make a list in your head. Can

you even visualize what you looked like and dressed like in 1966? Really think hard about some of the other changes in You over 20 years.

Now, to understand what this book can do for you, try to apply this awareness on a smaller time-scale. Is it possible that $\text{You}_{\text{last week}}$ "really is" in every respect $\text{You}_{\text{this week}}$? Alas, this may almost seem possible, but it is not strictly true unless you have died and they pickled you in formaldehyde.

Think, really, about the changes in "You" in one week. How many more changes could have occurred in that week, if You did not have the illusion that You are a finished product and not a Work in Progress?

Keep at it. Think seriously about whether it is strictly and totally true that $\text{You}_{\text{yesterday}}$ really is $\text{You}_{\text{today}}$.

When you get to the point of understanding that $\text{You}_{\text{one second ago}}$ is not strictly $\text{You}_{\text{right here and now}}$, then you are ready to begin to understand what Christopher Hyatt is offering you in this book and how you can *use* it.

Howth, Ireland
17 November 1986

INTRODUCTION

by

Israel Regardie

Systems of meditation come and go — and have since time immemorial. But somehow meditation is more popular to-day and I fancy practised by more people than ever before in the world's history. My contention is that this is largely due to the psychedelic movement initiated by Aldous Huxley's *Doors of Perception* and the fantastically pioneering work of Timothy Leary. Posterity, I am certain will have a finer appreciation of what he has contributed to this world than we have today.

Meditation is meditation. But there are innumerable techniques for achieving the proper results. One of the most dynamic that has appeared in recent years is not Transcendental Meditation by the grinning-giggling Monkey faced guru, though perhaps this is the most popular, but the so-called chaotic meditation of Bhagwan Shree Rajneesh. This is the one that really comes nearest to the vital and powerful method described by our author Christopher S. Hyatt. Without equivocation, it can truthfully be stated that this method is by far and away about the best method I have encountered in all my years in both psychotherapy and in the occult world.

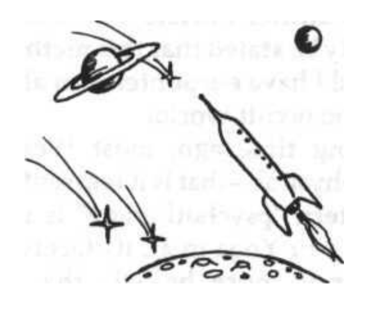
As Alan Watts pointed out a long time ago, most Western psychotherapy is fundamentally metaphysical—that is it is essentially conceptual and verbal. Whereas Eastern "psychotherapy" is more realistically and somatically oriented - *viz* Yoga in all its facets and branches. To this extent the latter is more holistic than the

metaphysical approach of the West. (An unusual and unexpected dichotomy that was first indicated by Alan Watts.) Christopher Hyatt's work is the closest technique to this model.

The author has been, amongst many other things, a classical psychologist, a practitioner of Reichian therapy, and a 20 year student of the occult. From years of clinical experience he has distilled the essence of his experience in a most astute and shocking manner. In a fantastically penetrating, humorous and insightful fashion he has also distilled the essential factor in Zen meditative techniques. The result is a meditative system that is wholly unlike any other. Even the design of the book and the way it is presented suggests the purpose of the Great Work. As such it can be altogether recommended to those who have tried all other systems of meditation and found them wanting; their failure can be compensated for and overcome by the use of this extraordinary dynamic approach.

I recommend it enthusiastically and without any reservation whatsoever. In fact I am excited and exhilarated by its discovery.

It should prove to be the answer to the frustration felt by the thousands and more who have tried the other systems and failed. However, I do warn the reader, if you don't really want to change, don't take this book seriously.



Israel Regardie
March 11, 1982
SOMEWHERE HAVING FUN

IS THERE ANYTHING NEW UNDER THE SUN?

Or The Key To Uncoding The Purpose Of This Book

by

Christopher S. Hyatt, Ph.D.
and Baron Peter von Gundlach

It has been four years since *Undoing Yourself* was released and approximately two years since the first edition was sold out. The book was not reissued until now because I was in a moral dilemma concerning the message contained in this work.

It is suggestive as well, that agents in both Israel and Germany requested copies of this book for possible translation. However, after further reading, both withdrew their requests. This also contributed to my hesitance to re-publish the work.

Many dear friends and associates made suggestions as to what I should do regarding the criticisms levelled at this book. I listened to all that was said and waited until the right moment, which is now, to answer both the attacks and the compliments.

The primary attack came from the intellectual community. This of course is to be expected. Their attitude was one of abhorrence that such a work could be published at all. Specifically, they felt that the book was "disgusting" irrelevant and down right "stupid."

What they found disgusting, was the "irrelevant" pictures, the "provocative and hostile" writing style and the "stupid" content. Some of these critics simply felt pity, since they assumed the author was "justly" uneducated. Others were shocked at the revelation that the author held three advanced degrees and was finishing a fourth. Some suggested that the meditation technique ("which might be the

only thing of value") be published by itself and the rest buried somewhere out of smell and sight.

I pondered this and said no! . I then asked myself what was so terrible about this book? The answer I found was that it attacked the channelization process of the biological imperative, (those of nesting, digesting and congesting, or to say it more correctly, housing, eating, and making babies) and that it exposed the hypocrisy that exists between what the intellect says and what the body does. That is, it challenged the so-called idealism, the hypocritical screen, between ideas and actions, but more importantly it elevated biology over culture.

As the title of this book implies *Undoing Yourself With Energized Meditation and Other Devices* is a workbook of emancipation and not a collection of ideas to be perused by smug dilettantes. These critics, who profit from the system they endorse, protect and maintain, which even they admit feeds on the surpluses of social inequities, are simultaneously condemning it in lecture and writing as they blissfully enjoy its fruits. These are the most vociferous assailants of this book. Why?

The answer is simple. This is a book on psycho-social-biology, (or more correctly a spiritual-biology) something which most intellectuals and people in general find abhorrent, for this topic exposes the schizoid foundations of their reality set. Yes, this book is really a disguised text on the fundamental motivation of human existence on this planet. In other words, this book is about the bio-survival of the species and its most observable result—the genetic-class struggle. This book is about power and freedom, something which we all desire, and the lies and "stories" which preempt and hoard the truth about how to use this bio-spiritual imperative successfully, profitably and "decently". How is this deception accomplished? And more importantly by WHO?

THE MALADAPTIVE FALLACY
The What and The Who of it!

The maladaptive fallacy is based on the assumption that man's nature is inherently flawed. What does this mean? Miss *Man aged Man* has decided through aeons of self-reflection that what the observer observes (man) is in fact — "No-Dam-Good." This is the indictment — the moral accusation. The followers of this verdict believe that

the proof of this is man's own behavior, i.e., wars, dis-obedience to God, class struggle, and an array of similar stupidities. On the other hand, the small voice of his defense whispers that man has also co-operated with the evolutionary imperative for his enlightened self-interest. Some examples are charity, medicine, science, heroism, etc. Which ever tunnel reality they choose to focus on, both are inappropriate since it has been assumed that man is a completed product. What both sides do not see is that mankind is nothing but the result of the trial and error (also known as trial and success) factor of a great bio-spiritual experiment. The problem lies in the fact that "trial and error" is the culture that is regarded as more sacrosant than the biology which forms its base.

The Relatives of Man

The last one hundred years has brought us the theory of relativity — ironically interpreted and used as an absolute. Relativity theory may have done wonders for physics and the other sciences, but it has been mis-used almost everywhere else. People invoke Einstein, the absolute authority, as a defense for their most stupid and ignorant theories and mis-representations of facts. Their logic, if you can call it that goes something like this. "I invoke the theory of relativity, by the authority of Einstein, to prove that my authority, (and ideas) are as equally valid as anyone else's." Most of them never heard of testing their theories in the lab. This sort of non-sense, takes the place of learning and effort. The fortunate thing about this process, however, is that it is a reflection of the rebellion against blind authority, that is authority for authority's sake. Unfortunately, the rebels often justify the need for "more" irrational authority, since their—opinions often lack the stuff of which planets are made—they simply want to be the boss. Einstein, I believe would be absolutely appalled by the mis-use of his ideas found in both the soft sciences and the occult. All opinions are not equal. All tunnel realities are not equal, for equality would obviate the necessity for our diversity.

Ideas must be left in the form of working hypotheses open to argument, the approximation of the truth found by the process of experimentation. Man must be left free to conduct his experiments unhampered by the mere conventions of culture.

As we obtain more knowledge, our need to hide the apparent injustice of creation in flowery ideas and terms will dissolve into a

spiritual biology, something other than the common clap-trap of those who refuse the eye of clarity. While the present author is also guilty of clap-trap, he does take immense pride in the fact, that on occasion, he is aware of his right hand pulling the wool over his left eye.

DEATH HAS BEEN CONQUERED! NOW WHAT?
(Sir! In what newspaper did you read that?)
(Hey! I didn't read it — I thought it! Aren't Thoughts Reality?)
(Answer! It depends on who is doing the thinking
and how much ability they have to make it real.)
FUTANT-MUTANTS LIKE IDEAS THAT WORK!

When death is conquered then what? Why do I ask this question at this point of the discourse? The answer! Most of the clap-trap surrounds our own sense of impermenance. We explain ourselves away, with words of Karma, reincarnation, etc., which for the life of me, (this life that is) the time would better be spent in the laboratory of life seeking results. In other words let God worry about His experiments, and you worry about your own! Theories about what God is doing and why, are nothing but an ointment heated by the frustration of our helplessness in accepting our present fate — FRUSTRATION & DEATH!

A solution to this struggle is simply to locate your part of the drama and fulfill it. That is find your true will and follow it to the end. Struggle is the crux of life. However, do not despair at this word, for it is through this almost never-ending parade of frustration, that the true Man emerges as Hero. While some of you may not think so, cessation from struggle is death. The Buddha said, "if it doesn't kill you, it makes you stronger." Did he say that?

Why do you think man is always facing a new problem? Man is a problem-solver, this is his life's blood, his holiness if you would. No other animal is in an almost continuous state of dissatisfaction, no matter how much and how great his accomplishments. There will be no final rest from this process, no Utopia, thank God, for then it would be over once and for all. Challenge is always on the horizon, and it is built into our DNA, or biology. Even Buddha struggled to stop struggling, and when he accomplished that he continued to struggle to enlighten the world.

When death is conquered, we will still require the struggle, for even our hope for freedom from struggle, is a struggle, (it often

terrifies me, that most writers forget that the category includes itself). For example, is the idea of tunnel reality, a tunnel reality, or is it a meta-tunnel reality, etc. Labelling something or a process does not always free one from its effects. We are all on the front lines of life and death. Take it very seriously because it is happening right now in front of and in you. But do not forget to laugh, lest you miss the point.

THE SPECIFICS

Let us begin with nesting (housing). In all instances, a place to live, a shelter is a biological essential, be it a mansion, cave, tree, or a space on the ground. A shelter requires a site. Space or location for the shelter necessitates territory. Thus, the biological essential, shelter, requires territory. As space begins with the body, its extension symbolized by shelter and territory, is an expansion of the body boundary. Hence tactileness; our perceptions of heat and cold, wet and dry, privacy and exposure or, in other words, pain and pleasure. The skin is the psycho-physical barrier between our personal and public selves. The skin, if you would, is the sensate membrane of how we know who, what and where we are, and what we are doing. The body, the skin, represents both our individuality which we cherish, and at the same time our vulnerability which we abhor.

Thus public exposure regardless of form is always a threat, be it spatial or psychological. In other words, we are always scared of each other.

As long as our biology demands our survival, our primary mode of operation is fear. However, we are deliberately made unaware of this, or told that our anxieties are abnormal. In fact our anxieties are the most normal things about us and are the fuel and engine from which society and culture are built. We have been told to reject our biology, particularly by those who demand more territory for their own biological safety. ("Paranoia will destroy ya.")

Society is structured in order to implement and exploit the product of the "maladaptive fallacy." The maladaptive fallacy is the assumption that man is flawed and evil. In order to correct our "pathology" we have military, police, psychologists, sociologists, university professors, physicians, priests, politicians and their ilk whose "soul" purpose is to mold us into productive agents for their employment, allowing us to accumulate possessions which will be re-distributed through acts of violence and war.

In other words the "original sin" is nothing but the "original lie". Taking the byte from the Apple of the Tree of Knowledge at the suggestion of the Serpent of the DNA, was a window of opportunity offered to mankind to accept his true nature — that of the experimenter. That this has been historically mis-represented as anathema to spirituality was the first great lie and subversion of our Godly or true purpose of existence. It precipitated our expulsion from our natal territory, the Garden of Eden — our biology. In other words, what has been called the lowly in us is actually the exalted. Our territoriality or our biology is not the cause of our misery, it is the rejection and denial of it which therefore results in its perverted and dangerous expression. The founding fathers of America, an "occult group", was deeply aware of this and tried to make allowances for our most primary and basic genetic tendencies.

What has been labelled our animal nature is in reality the image of God in which we were created. Our natural desire for terror—Tory has brought about not only wars through its perversion, but has brought about every major and minor convenience; medical and technological breakthroughs from penicillin to spaceships. These discoveries are designed to help us improve our nesting, digesting and congesting.

Anxiety then is a normal and biological necessity. Anxiety is always related to territory (our location in space-time.) It is of more than passing interest to note that the population of mental institutions is lowest from the transitions of peace to war and of war to peace. That is, anxiety which is based on territory, results in less mental disturbance during territorial shifts. Institutionalization arises during periods of non-territorial shifts or more correctly during territorial-anxietal stasis.

The desire and concern for territory is a primary and functional biological need hard wired into the neuro-genetic system. The channelization of this need, i.e. how it is expressed, is the function of culture, which is nothing more than biology's interaction with geography thus forming a bio-culture feedback loop which feeds on and digests itself. Thus, the primacy of HOW (culture) is substituted for the primacy of WHAT and WHY (territory and biologic-motivation).

Therefore our measure of worth is based on the value, size, and location of our monuments, edifices and estates, and rituals (such as weddings, funerals, and confirmations) which we can identify as our personal territory or genetic mandate. This is our zone of safety,

which is only natural and proper. What is not natural and proper is that we are told that we should feel guilty for this desire, thus forcing us to become as schizoid as our mentors. Wars therefore are not a result of territoriality, but a cause of dis-placed motivation. Instead of territoriality being our great despair, it is in fact our great hope. The reader may ask, then, why do we find a book of psycho-social biology on bookshelves which are labelled occult or meditation? The answer is simple. Occult means hidden. Something which is hidden, once exposed, is no longer occult. Like lifting up a rock. What was under the rock was occult, until someone had the courage or curiosity to pick it up. What is still occult for most of us is the neuro-biological connection. Our neuro-biology is our absolute. How we channel this neuro-biology is our relativism. Thus the "occult" is that *biology and anatomy is destiny,* in that order. That is to say, WHAT we do is determined, HOW we do it is relative. We all are born, we all eat, groom, sleep, have sex, require shelter, etc. How we do this determines our class in the structure of society, which is based on presently unalterable biological imperatives.

In conclusion of this section the biological is the absolute and the cultural is the relative. We have been taught this fundamental truth in reverse, bacteria is for culture, rather than culture is for bacteria. We revere the cultural and loath the biological. This is both a denial of "God" and the source of our potential destruction.

Part II
DIGESTING

When we think of digestion the first thing that comes to mind is the consumption of food, i.e. that which feeds and nourishes us. Consumption takes place before digestion and is involved with an entire cycle of influence and effluence (consumption, digestion, and elimination).

Digestion in and of itself is a key, for it tells us that the things of value are automatically taken out by the bodily process and the "offal" is eliminated. This natural model must then take the place of our cultural process of consumption, digestion and elimination for its purpose is not to eliminate the unnecessary but to sell it.

A story told to us about a study in animal husbandry may help to make the point clearer. Swine were placed in three tiers of cages,

where the pigs in the top cage were fed fresh food, the pigs in the lower cages ate the postdigested excretions of their upper neighbors. The ones that increased their weight most for the volume of substance consumed were those in the middle cages. The conclusions were that those on the top ate well but did not gain as much weight as the ones in the middle. The ones on the bottom faired the worst, though all survived.

This provides an interesting model for our cultural "imperative." The middle class takes the refined elements of the wealthy, i.e. products — consumes and over-eats, then distorts and destroys the idea which created the product, and feeds the result (offal) to the lower classes, while at the same time deploring their lowly condition. In other words, ideas and risk create products which are consumed by the middle class in their attempt to mimic the higher classes.

This process of vulgarization is paid for by the lower class, which is eternally maintained by the middle classes cult of conformity. The lower classes, the final consumer on the food chain, are also the criminals from which the middle class primarily demands to be protected by the existing machinery of suppression. In other words, the criminal class, (excluding "white collar criminals") consisting primarily of the lower classes and minorities, is both created and used by the other classes as justification to protect their perverted and excessive expectations. Again it is important to remember that it is not our biology which is to blame, but rather the lie surrounding it.

It is of great interest to note that in Europe there is conscious recognition of the class struggle. In America we insulate ourselves from this dynamic. We shake our head yes to the pain and misery of the less fortunate, while we feather our nests with more and more symbols which serve to reassure us that we have elevated ourselves. The lower classes, like the pigs on the lowest tier, consume what is discarded. Finally, in America the struggle is not really between the lower classes and the upper classes, for they are too far apart. The struggle here is between the middle classes and the lower classes.

Part III
THE REPRODUCTION BIAS — CONGESTION
The Tree of Life as the Genetic Chain
The Neuro-Politics of Obsolescence

The reproduction bias simply means that the majority of our time and resources is spent on re-assuring the survival of the species. These are called reproduction strategies. The important point is that, while reproduction is in itself absolute, the strategies are relative, and thus open to change. The bias part of the phrase relates to the *absolutizing* of the relative, a process which the class struggle not only creates but demands. That is we require consumers, upwardly mobile ones, as well as the lower classes who consume the left-over by-product "offal" of the reproduction bias.

Reproduction is the model of perpetual obsolescence and replacement. It is also a form of imagined personal immortality. Reproduction, however, in its grossest sense is entirely impersonal. There is nothing new or unique about having offspring (DNA coils). What is unique in terms of our experience is the territoriality engendered by having offspring. That is they are a part of our body, yet no human invented DNA, nor did any human create the sperm and egg which combined to create a new replacement.

In this sense our territorial imperative serves to create a bond. Like everything in the world we too are obsolete, nothing is built to last forever.

We are trapped in the model of renewal which we apply to most every facet of our existence. This structures our hierarchy of priorities. Consequently we incorporate aspects of impermanence into the products we build and into the lives we lead. On the other hand we also have the paradox of surrounding ourselves with non-functional objects which represent our wish for permanence such as statues, icons, tomb stones, antique furniture, etc. We do not accept our finiteness with humility. Our daily attitudes towards most relationships and objects are *as if* we might last forever. The consequence of this is wasteful redundancy in every aspect of our lives, be it economic or psychic. We work all of our lives to re-produce labor saving devices. This play on the words "labor" and "reproduction" is no accident.

The child or baby, as we begin to "humanize" our discussion, is an exercise in labor of both male and female. The pain of labor in

western culture is no accident either. Pain and struggle stimulates a sense of ownership. When we struggle for something we feel we own it. The division of labor between male and female in regards to off-spring production and rearing in and of itself creates a dynamic of conflict between the now new mother and father. By mystifying the entire birth process we provide an elevated meaning which it neither requires nor deserves. This is the process of "*absolutizing* the relative and *relativizing* the absolute."

The agenda of reproduction for the female is bio-survival security, a guaranteed sanctuary (nest) and a source of income, assured by the male authorities. This agenda is being modified by the new awareness of the women's liberation movement. The emerging matriarchy is attempting to address this issue from a healthier perspective. It suggests the promising beginnings of human liberation, again not from our biology, but from our distortions of it. Its principle slogan being, "that society, i.e. the patriarchy, no longer owns my body." Unfortunately, the consensual cultural program is not impressed, nor has it been significantly altered by this new paradigm. The male justification for the patriarchy is due to the unconscious recognition of his biological expendability as can be easily observed in other species. This attitude of male redundancy prevents women from risking death in most cultures by fighting wars. Women then are protected in many other ways as well, not because they are better, or loved, but because they are believed as essential for the nurturance of the offspring (the new consumer).

An obvious example can be demonstrated by society's attitude toward rape victims. The woman is frequently seen as the culprit. The paradox of both protecting the female, as the potential matrix of birth and the degrading attitudes expressed by the patriarchy is a consequence of the subtle view that all humans of the middle and lower classes are chattel, i.e. consumers (part of the food chain). Though democracy offers the illusion of individual participation or effect on the whole, in reality it presents an environment of economic and psychic serfdom. A good mantram upon awakening is to repeat three times, "Serfs Up." P.S. "And don't forget the bored."

To return to the main point, any new male or representative of society for that matter can take the place of the genetic father after fertilization. The female's love for the male must be transferred to the developing baby. After birth, the male is primarily unnecessary except as a facilitator of goods and services. This is a cultural fact and

not a biological one. In other words there is nothing wrong with a love shift, what is disturbing is that we are not informed of the natural processes of birth, death and life in general. Biology again has been exploited to serve certain cultural distortions — "Trials and Errors."

From the male point of view, the biological reward for reproduction is a pat on the back for having virile sperm and the identification with his genetic offspring. Again the process is personalized beyond the point of necessity simply to satisfy the pride of possession. Time is spent in identifying those physical and character qualities of the offspring which resemble those of the parents. Identifying common genetic characteristics of the infant is done more for the re-assurance of the male, for he can never really know if the child is his in fact. This provides an edge for the female in any future negotiations with her husband. Possession is 9 tenths of the law. Thus the offspring is viewed by both the parents and the courts as belonging to the female. Judicial preference for child custody by the mother is proof of the matter.

Will not any set of teats do for nurturing the child, just as will not any sperm do for the fertilization of the egg? The answer is both yes and no. Arguments can be had for either side of the issue. However, in the long run it does not matter. What is of importance is the child, for it assures the continuation of the race and a specific set of selfish genes. Again, biological necessity cannot be blamed for how any particular culture channelizes this force. What can be blamed is elevating the *relativism* of culture over the *absolutism* of biology. Which is really more sacred?

SOLUTIONS

The major premise in this paper is that biology is primary to culture, and that the problems assumed to be caused by biology are a result of biology's distortion by culture. The first general solution is the daily remembering that culture is relative. The second is that territoriality is not destructive in itself and contributes directly to the evolutionary process. Thus any attempt to modify territoriality by governmental intervention as in communism, is destructive to life, liberty and the pursuit of happiness. The U.S. constitution and the Bill of Rights is a biological and spiritual document. Additionally the hypocrisy created by the non-gnostic Christian, non-Sufi

Moslem and non Kabbalistic Jewish paradigms are also destructive to the growth and evolution of the species. Original sin is the original lie. Nothing more, nothing less.

Leaving the general to focus on the particular we offer some creative and interesting solutions to counter the mal-adaptive fallacy.

Specifically, to deal with space and housing we present the idea of the Shalhome which is a shelter that can be built for between $5.00 and $20.00 a square foot. This is housing both beautiful and functional which can be constructed using the most simple tools and requiring little or no skill. How does this shelter deal with the idea of nesting? Being made of concrete and steel it requires little up-keep and maintenance. Since the Shalhome is available to more people there would be less hostile struggle over territory.

Why are banks, planning committees, and husbands and wives opposed to alternative housing? Culture and habit have dictated zoning and sub-division restrictions which have imposed on us human packaging systems in the form of "boxes." A home does not have to be a box, yet the *absolutizing of the relative,* creates the illusion that boxes and homes are co-extensive. This means when we say shelter, home, etc., we automatically "see" boxes. The Shalhome is circular, thus many would not accept it as a home, since box is equal to home. The word is not the object, nor is necessity the form (i.e. necessity is shelter, the form is the box).

Having built-in furniture, there is no burden (re-decoration syndrome) to replace obsolete and no longer fashionable appointments. Following the design format the form of the structure makes it indistinguishable in terms of class identification. The only differences are size, contents and location. The Shalhome can function as an energy conversion matrix which can employ a broader range of options for heating and cooling. Inexpensive, functional and beautiful shelter encourages pride of ownership which decreases crime. Community participation is an important part in its creation. In other words everyone can have their own territory and shelter for a minimal cost. Instead of homes which cost 65$ plus a square foot, we have a home for no-more than $20.00 a square foot and frequently less.

While we are completely aware that this example does not solve all the distortions of the territorial instinct, we do believe that it offers an option to those who do not want to spend the rest of their lives working as serfs for the bankers and real estate speculators.

The true ideal of democracy is not practiced anywhere in the

world today. As it is practiced, it is divorced from its roots, the intelligence and spirit of the people. Most of us have little or no knowledge of the candidates that represent us. This is reflected by apathy at the polls. We appear to be willing to pay the price to have others make our critical decisions for us.

In a bi-partisan political system the choices are indistinguishable, both in the poverty of new ideas and the similarity of the professional leader complex. The excessive costs of surrogate management are due to an imperfect mechanism of monitoring and controlling the politician's conflict between his/her desire for personal aggrandizement and public duty. To compound the flaws, politicians as our representatives, frequently band together in special interest groups, promoting objectives and agendas which are contrary to the best interests of the people. Election and re-election both imply compromises to the point where no-one is served except those who can wield the most money.

In other words politics should not be an occupation, since the present qualifications for the position are simply one's ability to manipulate and influence the voters. This is like licensing a doctor because his wife is beautiful. An interesting alternative to the present form of social management is RANDOM representation. That is through a national lottery, where every citizen is eligible for office. This of course would change the emphasis in our educational processes since we would now have a vested interest in training our citizens to be socially responsible and functional.

The emphasis in education would then shift from a competitive social conforming value system to a co-operative motivated value system. Everyone would then have an equal chance of being "President". The liberal arts, social sciences and civics would then become as important or more so than vocational skills and the hard sciences. Inter-active dynamics and the human potential movement would be a necessity, rather than a simple step-child of an educational system based on social conformity (imprisonment of the student) as well as the now dead industrial revolution (mis-management of territory and resources). It would reflect favorably in our daily and civic social interactions.

For example at election lottery time winners will have "won" the privilege to participate in helping govern and harmonize the society. Of these, another group will be randomly selected through the lottery thus filling all positions until the last three winners would

form the federal triumvirate. This will decrease the probability of mis-management on any level during any particular term of office, since the level above would be immediately answerable to the level below. The elimination of tenure would reduce the possibility of malfeasance, bribery, and the formation of special interest groups, since no-one would know from one term to the next who would be in power. The harshest punishments of society would be reserved for any government official convicted of taking bribes or misusing power for personal purposes.

Conclusion

We often marvel at the lack of rhyme or reason in the planning for tomorrow. As Gurdjieff has stated — is there life on earth? Or are we just food for the moon? We do not believe that it matters which is correct. What matters is that we reverse the process of cultural absolutism, which holds us prisoners of yesterday and therefore tomorrow. We believe that it is time to view our biology as our destiny, and not the happenstantial regurgitations of housewives and laboring husbands, blindly slaving to produce their replacement cogs in the machine. We believe it is time that we begin to act like the gods we were created to be. "Know ye not that ye are Gods."

We hope we have let no-one off the hook and that everyone will find both something to love and something to hate. Hence this Law is for All!

Finally, if someone asks you how come you are reading such trash, simply tell them that this book is about the nervous system — and when did that become trash? Nor, do not be fooled by the suggestions made in this book, they will not solve your problems, just replace the present ones with something new and hopefully more advanced. If someone asks you for a second time why an intelligent person such as you, is reading such un-evolved junk, just tell them that you are studying for your finals in spiritual-biology. That will assure them that you and the authors are both to be taken seriously.

Lastly, we wish to thank all of the readers who wrote us telling us what a great concept the original edition of this book was. We at Falcon agree, and for some who have asked for an apology, may I quote my dearest friend, now departed, Dr. Israel Regardie "NO!!!! NO!!! NO!!!! A THOUSAND TIMES NO!!!!!"

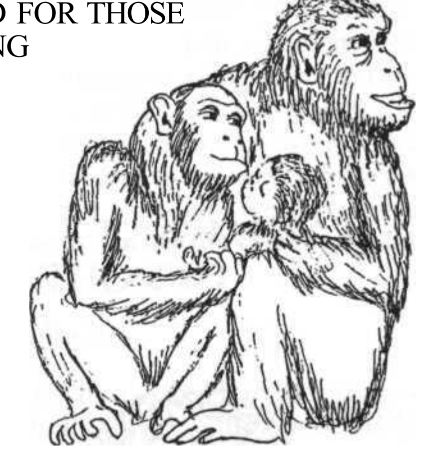
CHAPTER ONE

IF YOU WANT TO BE SOMEONE GET OUT OF BED



This book is for each person who wants to get more out of life. However, it is NOT a conventional self-improvement device. It is different from any book you have read because it is designed for those who are willing to work hard for the promised results. If you expect this book to improve your life, make you more happy and free you from unwanted circumstances and experiences you must be willing to change yourself deeply and undo all the non-joyous experiences of the past. Therefore the purpose of this book is help you to experience total JOY and FREEDOM.

THIS BOOK IS DESIGNED FOR THOSE
WHO ARE TIRED OF BEING
LESS THAN—
WHAT
THEY
COULD
BE



The way which you will accomplish this is by studying and practicing the techniques, analyzing and synthesizing the images and pictures, and by attempting to understand the deeper message of this book which is revealed by the way it was written and designed.

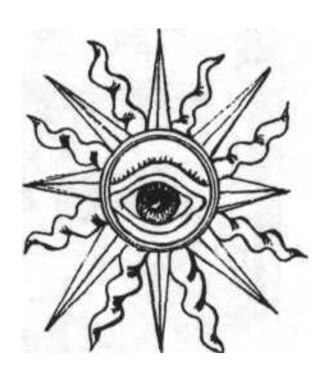
IT WILL SHOW YOU THAT YOU ARE BOTH THE JAIL
- THE PRISONER -
AND THE GUARD



Unlike most books this one will CHALLENGE you, humor you, scare you, insult you, and LOVE you. It is a LIVING - SPONTANEOUS book and after all that's what life is all about.



I have written about many things, including three specific techniques of ENERGIZED MEDITATION. The EM method is deliberately designed to shake you up. It's designed to get you to change yourself, to *lose* yourself—to rid yourself—to transform yourself into a STAR.



If you have any difficulty with any of the techniques please drop me a short note (I hate to read long letters), and I'll answer your questions.

C□A□U□T□I□O□N

— THIS AUTHOR PLAYS TRICKS —
SWITCHES SETS — CHANGES STYLE.
STAY ALERT
— READ FURTHER AT YOUR OWN RISK .

THE LAB

A lab is a place
where
scientists gather
to test out
their favorite theories.
The reason
they have a lab
is
they realize
they have
more
theories
than
facts.

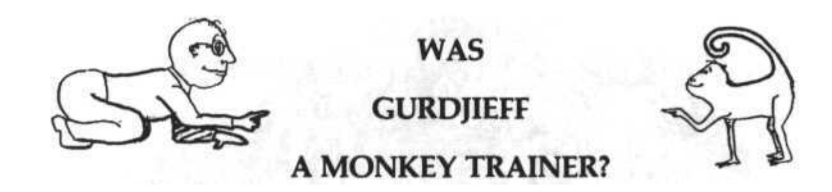


Unlike most of us who know everything, (If you don't think so just ask anyone about anything and see what happens!—) the real scientist knows that *You* are the Lab, the Subject, and the Experimenter.

Through the process of ENERGIZED *MEDITATION* and other techniques you will "UnDo" all the unwanted experiences of the past which prevent you from living up to your highest potential.



As your own scientist it is important to leave all your preconceived ideas, thoughts and beliefs at the portal of your LAB. This includes your fears, anxieties, uncertainties, doubts and prejudices which have prevented you from experiencing the joy and freedom of your highest aspirations.



Gurdjieff, one of the most powerful "real" teachers of "real" self-change, said LIFE IS REAL ONLY THEN, WHEN *"I AM."* His point is clear; we live in a dream — more often a nightmare — which most of the time we are unaware of. Gurdjieff believed that humans are basically robots and have the potential for developing a SOUL and FREE WILL through "work."

Bennett, a student of Gurdjieff, asks a profound question with multiple implications:

"IS THERE LIFE ON EARTH ?"



The essence of his question is -- what we call human is only potentially human and what we call Life is only the potential for life. Bennett holds that we are machines, stuck in a rut, having difficulty reacting newly and openly to changing situations.

HOW MANY COPIES
WILL THIS BOOK SELL?
THE ONE CLOSEST TO THE EXACT NUMBER
SPENDS A WEEKEND WITH
THE AUTHOR

Some think that to sell books one must be kind and let the reader off the hook. This in my mind is an insult, for the reader deserves to stay on the hook, if he hopes to do more than masturbate. However,



if you wish to masturbate,
I have included some very tantalizing pictures.

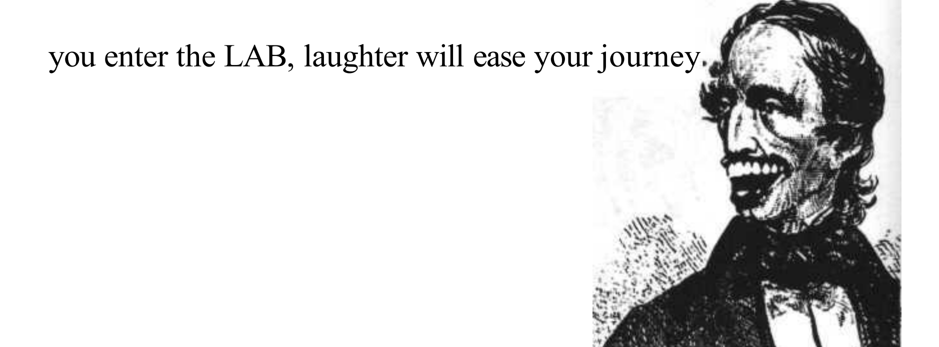
The last comment and picture was designed to break your set, your predetermined way of responding to experiences. What effect did it have on you? I was taught this method by a Shinto-Buddhist Monk who, when I approached him with what I thought was a serious (life or death type) question, laughed in my face. Since I was faking enlightenment at that time I just smiled. (Smiling was the thing to do in the 60's particularly if you didn't understand what another person was talking about.)

The point is laughter while being medicinal, also leads to enlightenment. While others ignore earthquakes, atomic bombs, and economic collapse you will be paying full attention but most important——————————————you will be able to laugh.

When



you enter the LAB, laughter will ease your journey.



The picture below represents what laughter might do for some of our world leaders, particularly those who lead men to war. Their image portrays again what Bennett meant when he asked his famous question.

Is there Life on Earth?



Conversely,

life in the LAB is quite different. Here everyone is joyous and free. Here man loves life and each act is intended to create joy and freedom rather than misery and restriction.



WHERE DO IDEAS COME FROM?



Many of the ideas in this book come from obscure or unique sources, one of which is a man known as Master Therion. He was a good magician, that is he spent his life trying to UnDo his conditioned self. In the process of this he often offended the sanctimonious section of our society. For this he was labeled a villain. Many including Tim Leary and Bob Anton Wilson credit him as a major influence of the higher consciousness movement of the sixties. Some of my friends and associates felt that by including him in this work, sales and my reputation would be hurt. If this occurs I will be displeased, but my decision to give him his just deserves still stands and to this end I include a picture of Master Therion. For those of you who do not recognize him his identity will be revealed at the proper time.

For those that don't know but would like to guess a few clues are provided.

(1) He enjoyed playing in the Garden of Eros.
(2) He was a poet.
(3) He loved to climb mountains.
(4) He was a mage.
(5) His mother called him a beast.
(6) He wrote a series of books named the Equinox.
(7) He was married more than once and had a number of children.
(8) He was born in the British Empire.
(9) He was a member of the Golden Dawn.

IF YOU WANT

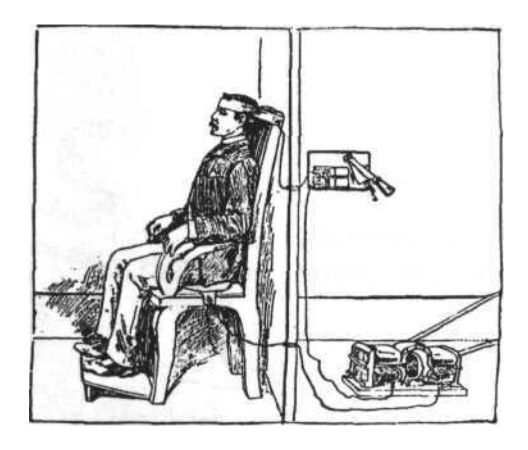
TO IMPROVE YOURSELF

GET RID OF

YOURSELF

FIRST

Do not misunderstand what I mean by self-improvement. It is not just improving your social personality or mask, nor is it the gathering of information. It first and foremost means "destroying" all that inhibits you from being your true self. Also do not delude yourself that this process is painless for it is not. My definition of self-improvement means "getting rid of what you now call yourself.



I have written this book with the intention of changing the pre-determined way you have at looking at the world. Often this will require a perspective which you can temporarily use to alter your point of view.

The following theory of "mine" is designed to help you look at the world from a different angle.————The process I will discuss is experienced consciously by many people who — undergo the formula of——————————————UNDOING----------- themselves. I have labeled it——THE UNIVERSAL CYCLE OF JOY——. It is derived from Reich's idea of——————tension-

charge-discharge and relaxation. To understand this idea better view the world and everything in it as a pulsating living organism in constant flux.

Each living thing goes through a cycle of — tension — charge —discharge and relaxation. Everything that is capable of completing this cycle can be labeled as a success. If it can't complete the cycle it can be labeled as a failure and will die without experiencing much joy or happiness. This formula holds true for ants, birds, flowers, people...

blue haired old ladies ...
book buyers, governments ...
schools...
authors...
etc....

Each person we know can be categorized as one of four types. A tension type who never builds up a charge.



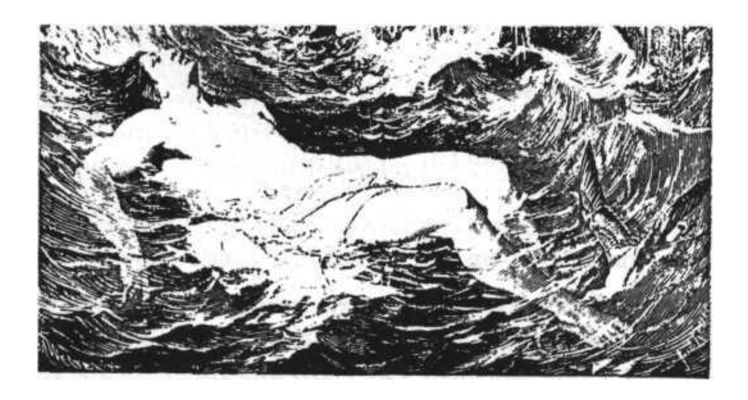
A charge type who never discharges.





A discharge type who never relaxes.

Well you say that's only three, what about the fourth? That lucky person experiences the joy of going through the whole cycle.



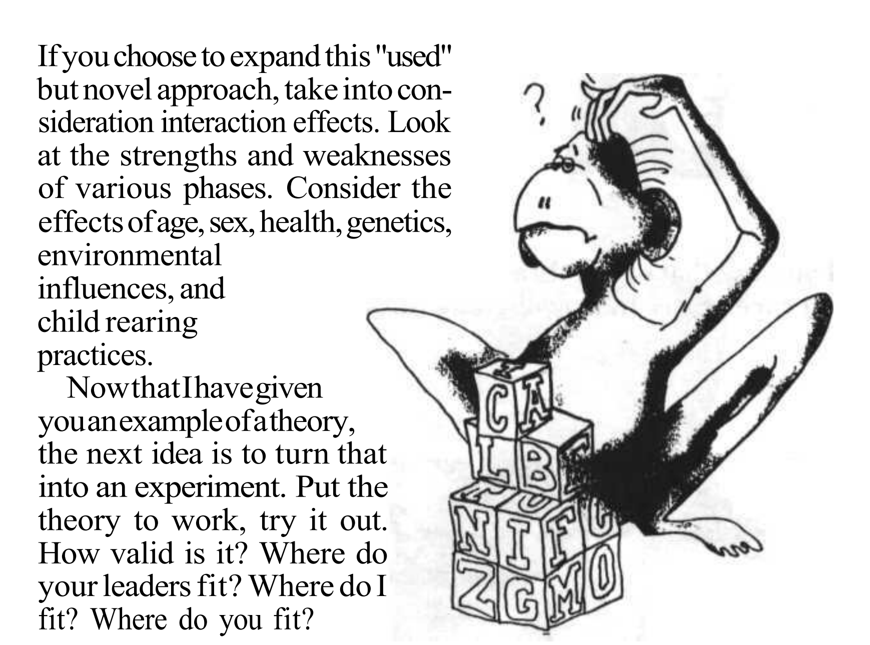
There are many more types in this system, but the more I write about this theory the more I recognize its similarity to other systems. Since it's not original how should the author regard it? More importantly what effect does "originality" have on readers who are more concerned with historical precedents than with the effect information has on their conscious attitude?

This theory will help you define your own particular way of coping with life. Make a list of your activities and then analyze each of them in terms of where you stop on the cycle of tension—charge—discharge and relaxation. Look at the way you eat, talk, love, walk, think, feel, and etc.

Is this author really concerned about the originality of this theory or is he simply communicating the pettiness and "academic stupidity" that is so rampant in the field of "higher consciousness"?

If you choose to expand this "used" but novel approach, take into consideration interaction effects. Look at the strengths and weaknesses of various phases. Consider the effects of age, sex, health, genetics, environmental influences, and child rearing practices.

Now that I have given you an example of a theory, the next idea is to turn that into an experiment. Put the theory to work, try it out. How valid is it? Where do your leaders fit? Where do I fit? Where do you fit?



This section of Chapter One presents some very ancient ideas that have been gleaned from various sources including the Golden Dawn, Tantra Yoga, and Zen. The ideas and concepts are very real

and require some study to achieve their desired effects. These are advanced techniques and are presented here in case some of you feel adventurous and would like to get into something which will blow your mind right now.

The only way out is in. If you want out of your theories and your jails, start by being a COSMIC SCIENTIST. When you do that long enough you will become a COSMIC COMIC. The theory of open-end-ed-ness requires that you first become UN-DONE;

THE COSMIC COMIC



then and only then can you start advanced LAB work. If you believe that there is more to life than the mundane program which has been prepared for you————you are on the right track.

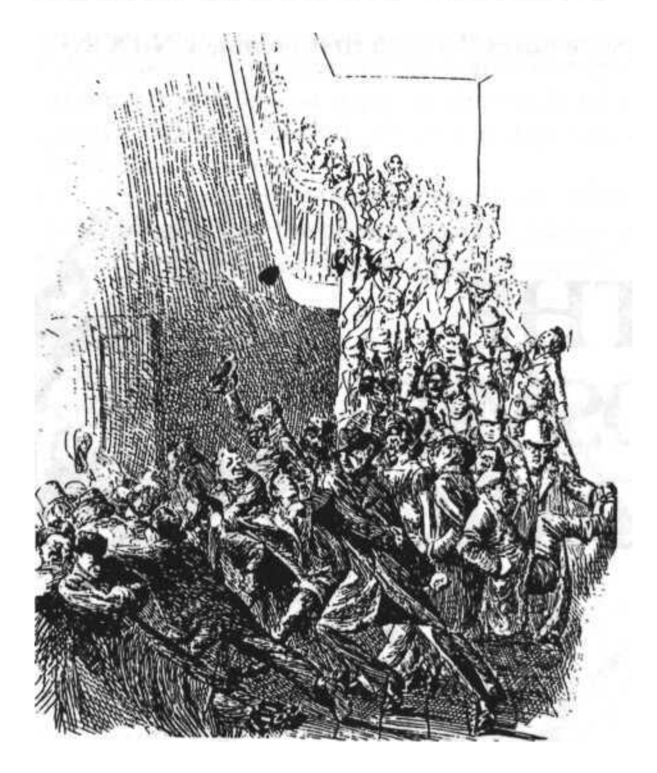
Freedom comes from the knowledge of the *Orphic Mysteries.* Life oscillates between chaos and form. Try on a form, use it —know it—discard it.

Then from chaos make a new form. Repeat the Cycles as often as possible and you will feel alive and free.

CHAOS IS **ALWAYS** PRESENT

— AND IT —

COMES IN VARIOUS SHAPES AND SIZES



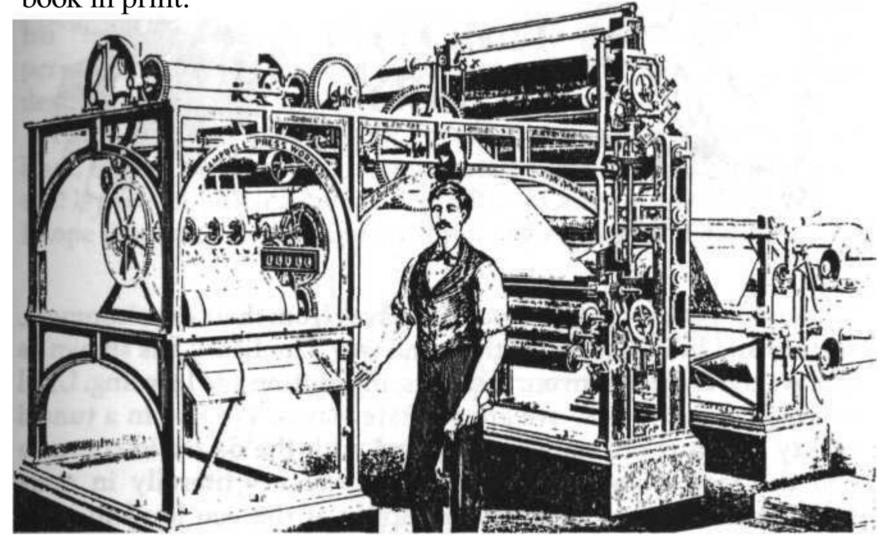
Buy a copy of Wilson's — that is Bob Anton — *Cosmic Trigger.* Read it once. Now buy a copy of his *Prometheus Rising.*

Now read that. Place it aside. Now pick up a copy of Israel Regardie's secret tape,———*The Grinning Giggling Monkey Faced Guru and the Pig song.* Listen to that three times.

Time to read again. S.M.I.^{2}L.E. through a copy of Tim Leary's *Info-Psychology.* Now read this book again, and then re-read the COSMIC *TRIGGER* while you play Dr. Regardie's tape. After you have completed this, turn on Dr. Regardie's *Mantram Tape.* Listen to the Mantram tape for 6-8 hours.

Now re-read this book. When you have reached this point, rest for two days, or longer, when you finish resting, re-read the *Cosmic Trigger,* while playing the *MANTRAM TAPE.* Now stand on your head and re-read *Info-Psychology.* If you can do all this, you will start to get the idea of what I mean by the Cosmic Scientist and the Cosmic Comic.

If you decide to do this experiment, I suggest that you do it exactly as I described it. We have and it works best that way. You can order everything you need from the PUBLISHER who bravely put this book in print.

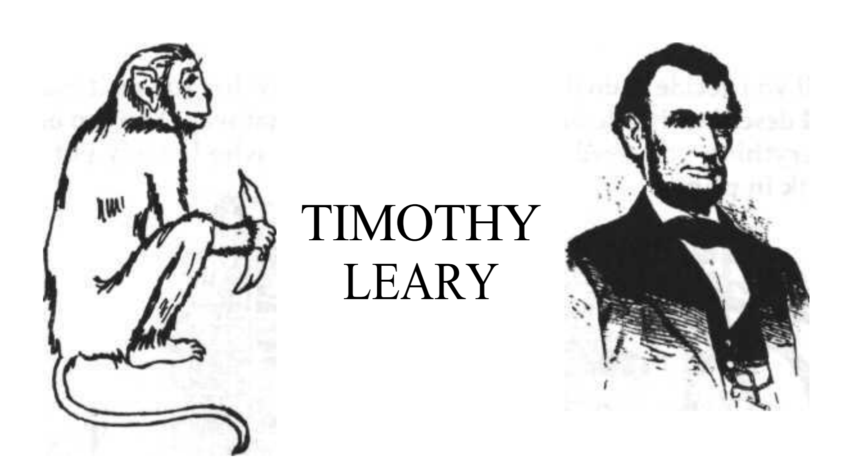


SEX AND CHAOS

The following SECTION was written after the Author invented a game called Chaotic Sex. There is nothing magical or secret about Chaotic Sex, except that it requires a knowledge of the Hebrew alphabet. Once you have memorized the 22 letters, which correspond to certain paths on the Tree of Life, find yourself a willing partner, and proceed to teach him or her the alphabet by taking on the various positions of the letters. If you have the perseverance and the fortitude to make it through the entire series you will have UNDONE yourself and will never feel boredom in the area of sex again.

A TRIBUTE TO——

I have heard a rumor recently that Tim Leary is really Abe (Ape) Lincoln. While I don't know what Tim thinks of this association I wish to explore the possibility.

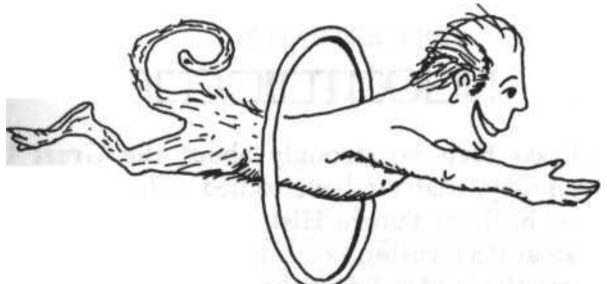


The story goes that Abe freed the slaves from their imprisonment, torture and humiliation. In the same way Tim Leary has shown us that we too are slaves to our instincts, imprinting and learning. Until — we wake up———we are primate slaves. We live in a tunnel reality which is pri-mately concerned with the desire to consume and the fear of being consumed. This occurs literally in more "primitive" cultures and metaphorically at the ego level in more "advanced" cultures. We literally accept how and what we "are" and dare not question the meaning, origin and purpose of our fundamental personality traits, values and behavior.

We elect and look up to authorities who are no more than "smart" monkeys who know how to play on our primate fears. Some of us even feel gratitude to our guards, and many of us are even willing to die for them.

We accept our imprisonment as a necessary requirement for "order" and survival.

Tim Leary has shown us a way out! He has shown us that we can change our own brains according to "our" own will. He has shown us that "we can remake our picture of ourselves and the universe we live in."



Our sleeping Brain is capable of anything and everything we wish. The solution to man's "problems" lies in first getting "himself out of his own way, and then re-programming his brain according to his "true will". Man's freedom is not in his conditioned ego-personality or his castrated visions of gods and demons but in his desire and ability to change himself.

Tim is the Abe (Ape) Lincoln not of just a race, but of the "Human" Race, and to this end we give our vote to him, not as President, for that is a low circuit job, but as a NEURO-LOGIC—ADVENTURER. I hope this little explanation will put the rumor to rest.



N□O□T□I□C□E

Falcon Press feels so strongly about the Great Liberator, Dr. Timothy Leary, that we have joined with Tim to produce a revision of his brilliant Future History series written during the time of the Great Persecution.

As you read this notice did you have an instantaneous, negative reaction to Dr. Lear/s name? If so, it is now time for you to turn to Chapter Four of this book. Then get a copy of *Info-Psychology,* a revision of *Exo-Psychology,* read it through once and then re-read Chapter Four.

CHAPTER TWO

TO KNOW ENLIGHTENMENT NOT TO JUST KNOW OF IT

A ZEN STATEMENT

You must give up the thing most precious to you.
You must give up the thing which you love so dearly,
the thing that you hold on to
- you must give it up -
- you must give it up. -

There can be no half-way measures in "finding"
ENLIGHTENMENT.
It is not hiding anywhere.
It is HERE and NOW.

You must see that you are frightened,
that something is at STAKE all the time —
even in your dreams — something is at stake,
ALL THE TIME.

Everything which shocks you,
disrupts you, disturbs you can be your friend.
Everything which allows you to sleep,
to be complacent
hinders you.

To become in Accordance with your
TRUE POTENTIAL,
you must be in Discordance with yourself.

YOU ARE AT STAKE ALL THE TIME
AND YOU LOOK FOR FOOD WHICH FEEDS YOU



Anything which delays your end——
feeds you.
You digest this diet overabundant with FAT.
You are insatiable,
and require constant FAT to keep you going.
You use more energy and power maintaining
THE ILLUSION
of your insatiable dream than Living.
You will even STRUT to death's window.



But to Know the DEATHLESS ONE —
you — the strutter — must die.
You must go on a diet — then
Starve to DEATH.

You must stop finding yourself in misery,
in cranial pride,
— and historic stupidity.

You must stop strutting around like a fattened COW.

You must stop bowing down to your mistakes.
You must stop your idol worshipping.
You must surrender your misery.



You must stop acting surprised when
something happens to you

FOR — it is the same old thing.
You must stop reacting to things
as you always HAVE.
You must stop proving your story.
You must stop extending the past
into the present and future.
You must stop defending your stupidity,
~ YOUR SLEEP.
You must stop defending
YOUR MISERY.

YOU MUST WAKE UP

You even forsake your health to feed this Monster.
He drinks your blood,
this friend of yours.
You will sacrifice anything and everything to feed him.

Everyone and everything is food for you.
How people treat you (good-bad) is food for you.
You are so weak yet He is so strong.
Why do you prefer the insatiable one to HIM?

You oppose — you conform — all is food for you.
You agree — you disagree — all is food for you.
You render opinions on this and that,
and spout authorities to back you up
— all is food for you.
You are surrounded by friends or alone —
all is food for you.
You are naked or adorned —
all is food for you.

SOMETHING IS **ALWAYS**
AT STAKE
SOMETHING IS ALWAYS ON THE LINE.

You strut around
proud of the misery
you have caused yourself.
You will do anything to preserve the misery.
You will fight,
you will sneer,
you will accuse,
you will blame,
you will steal,
you will hide,
— all to preserve fear!
REMEMBER
THERE IS ALWAYS
SOMETHING
AT STAKE.
THAT SOMETHING IS YOU.

nothing can satiate
millions can not
fame can not
love can not
power can not
friends can not
ONLY HIM.

AFTER YOU HAVE IT ALL THEN WHAT?



victories feed you
your failures feed you
Your past feeds you
your ideas feed you

if your friends allow you to be complacent,
accept or like you that is food for you.
If they hate you, that is food for you.

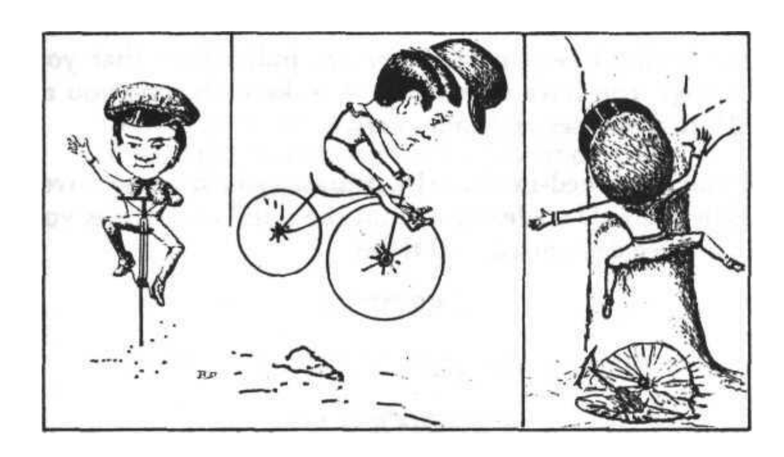
WHY ARE YOU SO HUNGRY?

Does death not even inspire your appetite?
Do you know death?
Or do you just have snapshots of it?
You act like you are immune from it,
that it just happens all around you
— but not to you.
Not even your own death can shudder you
move you from your — feeding frenzy.

WHAT FOOD IS NEXT?

Misery is food,
and you can find plenty of that.
You are never at a loss for that.

You never learn
because MISERY is food
You repeat the same mistake,
the same mistake,
the same misery
over and over.



Worst of all
you do it with *pride.*
with your sneer of superiority,
WITH A SENSE OF NEWNESS,
with a sense of uniqueness,
with a sense of choice,
or with a sense of helplessness.

Yet, it is the same mistake,
the same misery.

You do not even dare find a NEW MISTAKE
A NEW MISERY

since that might wake you up from your
FEEDING FRENZY

(Zen carries many kinds of sticks. For one cloaked in laughter read Camden Benares' *Zen Without Zen Masters.)*

TECHNIQUE

When you speak to others notice your Dead phrases, and your patterned stylized responses. They are indications that you are sound asleep. You have something at stake each time you repeat these habitual phrases and comments.

Find your patterned-machine like phrases which you use over and over again and hold so dearly. Count the number of times you use them in a three day period, and then:

STOP

STOP

STOP

STOP

Stay Awake
and each time you prepare to repeat
this DEAD TONE——

STOP



Say Stop to yourself.
Each time this stammered crippled phrase
rears its Frightened head

STOP

BE SILENT.

Then if you truly know who and what you are,

SAY IT SILENTLY

WAKE———UP



EVERY MAN AND EVERY WOMAN IS A STAR

THE EXPERIMENTER

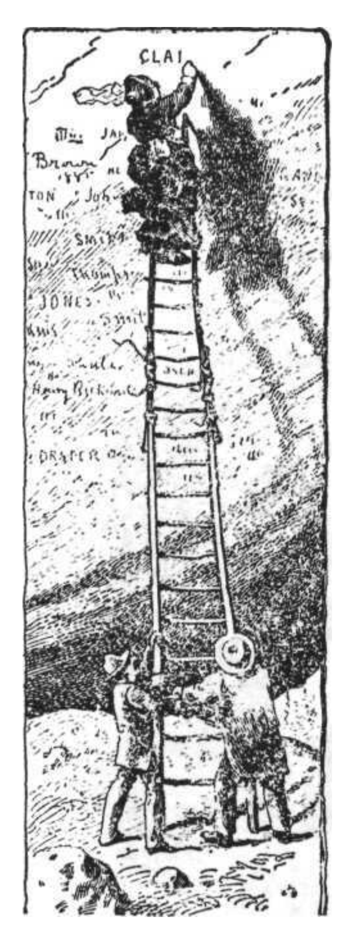
Do not lust after results

Frater P.



The experimenter by definition must be more clear than the subject.

A requirement to perform your own work is the ability to look at yourself as you are — not as you wish to be. By the way many of the "wish to be's" are simply bullshit, and belong to the subject and not to the experimenter. I don't want to hear any crap about how you just want to help people, or how you just want to be happy. If you want to do these things you first must BE YOURSELF, and that means undoing yourself.



Refer to the previous section if you are becoming confused. If after undoing yourself you still have the same "wish to be's" then you can believe they are more valid.

As an experimenter with your own LAB and subject(s) you are obligated to view things as clearly and tentatively as possible. Don't start believing in FINALISMS, until you have enough experience doing the WORK. There are levels of ability as an experimenter, and your results will become more valid as you progress up the scale.

Do not get pre-occupied with grades however, (For Information On This Folly read Israel Regardie's book *My Rosicrucian Adventure,* republished in 1982 by FALCON PRESS Under the title *What You Should Know About the Golden Dawn)* to get a feel for those who are more pre-occupied with GRADES than RESULTS.

As an experimenter it is important to realize that disappointment is a necessary result of THE GREAT WORK. Life and experience operate in cycles. Become aware that all things go through cycles.

ONE way of looking at the cycles of life is as follows:

1. First there is inspiration and enthusiasm.
2. Next there is frustration and disappointment, laziness, despair, and fear of failure. This is where most people give up, get depressed and regress into fantasy.
3. Re-newed Effort and Enthusiasm.
4. RESULTS—satisfaction. NOTE: I said satisfaction-results, not success or failure. Being the most Honest Man In The World, I did not give you a "WISH TO BE." I don't know for sure what your results will be, and you don't either.

You must be willing to complete the CYCLE. If you do, the

freedom and joy which is your rightful heritage will find a permanent home in your heart.

YOU ARE AN OPEN ENDED SYSTEM

Even when this UNIVERSE disappears experimentation will never cease. The fluctuating process of expansion and contraction will remain as the primary creative element of Becoming.

FEAR

Fear is failure. I will repeat this from time to time. You will experience fear in the LAB, but do not succumb to it, just breathe your way through it, or if necessary scream your way through it.

Most values, beliefs, opinions and behavior are the result of deep, preconscious fear and survival tension. When we are not aware of the power that these primal feelings have over our lives, we develop secondary feelings of hate, greed and envy. As these are interpersonally



unacceptable, we balance these powerful feelings with guilt, [another word for fear turned to self-hate] internal deadness, blame, hostility, depression, superiority, and inferiority. These defenses are inadequate, outworn and destructive methods of coping with the primary animal

instinct for survival. Man, to *Become more than Human,* must fully recognize the power of these feelings before he can take appropriate measures to outgrow their influence. However, most humans tend to ignore their true motivations and instead re-label their fear and survival anxieties as duty, business, concern, love, help, protection, security, morality, obligation, patriotism, need, opinion, etc. The result of this personal and inter-personal deceit is stagnation and turmoil.

**DO NOT BELIEVE ANY SYSTEM WHICH TELLS YOU IT HAS THE ANSWER.
IT IS STERILE, DEAD AND DANGEROUS**



Answers such as those promised On How To Achieve Enlightenment While Still Being Our Good Old Neurotic Selves, are fractional, stifling, degrading and outright stupid.

The battle for your own LAB will be never ending. Possessing your own LAB is not consistent with any Power system, since the LAB produces no currency which it can de-value. You will not find a course in LAB work in any structured system, since each LAB is a STAR.

The techniques and methods presented will help you protect what is yours, once you have found it. There are more methods but these are best done under supervision of someone who has a LAB and knows the score. . . . .

HOW TO BUILD YOUR OWN LAB AND BE YOUR OWN EXPERIMENTER

Pictures and symbols have as much to say as words, sometimes even more and on occasion they mean nothing ("Yeh! Sure, I don't believe a word he says — that lying Robot.")

This book should give you the necessary clues to rid yourself of enough conditioned neurons so that you can give yourself the grade of Zelator, in THIS SYSTEM. It does not give you the grade of Zelator in OTHER SYSTEMS, but between you and me if you did your work with sincerity, you're probably better than a Zelator in other systems—but this is just between you and me. I can imagine the flack I'd get if this were made public.

Be conscious at all times of your uniqueness, that your LAB has something to contribute if you do your experiments.

All experiments are valid, no matter if your results contradict those of another experimenter. The only thing which invalidates any experiment is contamination caused by self-deceit.



This, I hope, will not happen. If it does happen re-examine your method, re-examine yourself — purge yourself of further conditioned neurons, no matter what the consequences.

PURGE — PURGE — PURGE

THE ORAL * * * * * * * * * * ANAL * * * * * PIT



Throughout the process of Living — the oral — anal pit will pose the most danger. Experiments are most frequently sabotaged by the ——give me — give me — I'm about to die — or — this is mine and shortly 111 have yours. The oral-anal pit can be referred to as 333. If you don't know what that number means please look it up.

Images — forces — powers from the pit will jump up at any time attempting to scare and intimidate you. To control this I suggest starting your most serious experiments with the appropriate banishing ritual or with a working knowledge of motivational and learning theory, together with some information on statistical——— theory. (The Banishing Ritual sounds a lot simpler.)

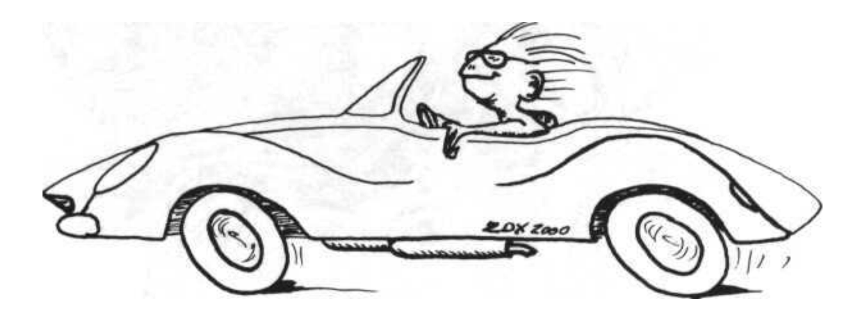
If you don't know a banishing ritual use the one from *The Complete Golden Dawn System of Magic* by Israel Regardie. A tape demonstrating this Ritual has been recorded by Regardie and can be ordered from Falcon Press. (While I may or may not be the most Honest man in the World I do belive in selling good material, hence the constant reference to the materials offered by Falcon Press.)

Also I get a commission or something like that————I think.

. . . and now a word from our sponsors

IS FALCON PRESS* A TOOL OF THE ILLUMINATI CONSPIRACY?

Which Are You?



FUTANTS LOVE US — FOSSILS HATE US

***If we aren't in trouble we ain't doin' our job!**

STATEMENT OF PURPOSE

Falcon Press is dedicated to bringing intelligence and immortality to the Planet Earth. Why are YOU here?



Do what thou wilt shall be the whole of the Law.
Love is the law, love under will.

TO CLEAR THE MIND
OF ITS NOISE
THEN TO LOSE THE MIND ALTOGETHER
THIS IS MEDITATION
OF COURSE SOME WOULD CALL THIS INSANITY



To achieve Enlightenment (The Real Knowledge That You Are A Robot And Have Been Programmed, And That You Can Re-Program Your Brain According To Your True Will.) you must first put yourself aside.

The Wisdom and Freedom of the Great Work (becoming more than human) is available to everyone who is willing to work and give up the security and stupidity of collective humanity.

YOU ARE SEEKING A NEW YOU



The new you or higher you resides in the ability to re-program your own brain according to your own will.
— The "you" which you are familiar with has been created through years of random, blind and unconscious programming. It is the

result of happenstance, genetics and history. It has as much relationship to your Real Self, as freedom to fascism.



(Much to the shock of those in power, what we are is relative programmers - that is our brain is a neural garden of growing fibers and chemicals which in the final analysis we can learn to program ourselves, but first we must do away with the roots and fertilizers which do not fit our True Nature and Will.)

Now the time has come when everyone on the planet must take the responsibility for Self-Re-Programming. Matter is perfecting itself and we will find that it is centered in our consciousness. Therefore, to be prepared for the coming Universal Expansion our machined selves must be outfitted with new neural patterns.

Never lose the awareness that you have the ability to re-program your own brain according to your will.

Humans have the outrageous habit of believing that once a pattern is established it must remain. This is particularly true when it concerns our "sacred" personality and characteristics.

YOU HAVE TO GO



AGAIN?



It is difficult for most of humanity to believe that how they feel, what they think, how they act, and what they believe is LEARNED, and there is nothing special or unique about them which is not contributed to by genetics and conditioning. To repeat———all that we hold sacred about ourselves is not of our own choosing, but rather a result of "chance". However, unlike other animals humans are capable of willing, choosing, creating an identity through the process of self-undoing and then reconstruction.

Yet most of us become insulted, hurt or violent if anyone dare question the worth of the junk and burdens which fill our minds, hearts and attics.



We slaughter entire populations over ideas, values and psycho-territoriality which we did not consciously choose. We have automatically accepted our selves and values without even knowing we have, nor do most have the ability to question the nature and purpose of our thoughts and behavior. We have, like monkeys, blindly imitated the authorities of youth.

Our egos are often so weak and vulnerable that we tend to create conflict over ourselves wherever we go, and whomever we are with. Our sense of pride, possession and territory, propel us into action of which we are often ashamed, for we occasionally realize that we have acted more like a crazed monkey than the real human we have the potential to be. The mass of humanity is so unconscious of this that we tacitly and even worse — openly — accept our monkey-like behavior as a necessary standard of life.



The truth is we are constantly being programmed by parents, friends, ads, authors, radios, movies, t.v., teachers and politicians. Finally these programs become so much a part of us, that we begin to question our every thought and action in terms of these programs.

Much of it has been subliminal — so subtle, so continuous, so normal, so common, that you are not aware that some system either blindly or intentionally mis-uses you for their POWER needs; and has



been cleverly persuading you to accept a given system of beliefs and values. So cleverly that your unconscious mind is gobbling up every suggestion, even the suggestion to *question things* — in a prescribed fashion of course:

— without ever your True Conscious Self suspecting what was going on. And these beliefs which have been programmed into your computer without your awareness are now - YOU — operating in certain predictable fashions to certain stimuli — again without your being aware of the fact that you are REACTING instead of simply ACTING of your own free will. (Of course I'm not talking about *you*. To learn more about how this works for everyone else read Steven Heller's *Monsters and Magical Sticks — There's No Such Thing as Hypnosis?* especially Chapter IV, "Forget It.")

But now time is running out. If we are to survive—individually or globally, each of us has an awesome responsibility to awaken from our robot-like sleep and become aware of what is going on. Never before in the history of mankind has the human race been capable of destroying itself and yet at the same time having the potential for total freedom and "god-ship".

The cosmic drama is being enacted within all of our lives in varying degrees; without exception everyone of us is being forced to look into the face of disaster — be it economic, emotional, or spiritual.

Disaster, unnecessary pain, death and dementia are probably not necessary particularly if we learn how to perform Magick (which simply means *Brain Change Willed).* Crowley defined magick as... "the Science and Art of causing Change to occur in conformity with the Will." Eliphas Levi, the great 19th century occultist, believed that in order to reign over ourselves, we first must learn "how" to will. The invoking of these authorities is to help those unfamiliar with the true purpose and nature of magick to realize that there is no mumbo jumbo involved, but a science of self-change.





Many are blind and are unaware of what they face; they look with unseeing eyes and blank faces.

Unfortunately, blindness and blankness of expression will not provide protection. In the days ahead there is no safety except that which can be obtained from Undoing Yourself and then Re-making Yourself.

The body must be free from the Robotic Mind and allowed to express itself freed from all snares. And finally the Mind must become a SLAVE of the True Will.

Only in the service of the Will is there perfect freedom. Man has always been proud of his vaunted Free Will. In reality, Free Will as it is publicly referred to is a fallacy. The average person's concept of free will is license to worship one's conditioned neurons.

The famous Swiss psychologist, Carl Jung, provides a more accurate definition:

"Freedom of will is the ability to do gladly
that which I must do."



CHALLENGE————BRAIN————GOD———WILL

In the new age man will be faced with gigantic challenges presented by his ever expanding conscious brain and its extended technology.

In the end the only God a conscious person can admire is the God of Will.

CONSCIOUSNESS AND TENSION

The two factors we have to be most concerned with are Consciousness and Tension. As you become more astute in achieving deep relaxation, you will realize that you can have complete control of your life through the ability to reprogram your mind. However, to accomplish this you must first learn to reduce all un—necessary tension and stress.

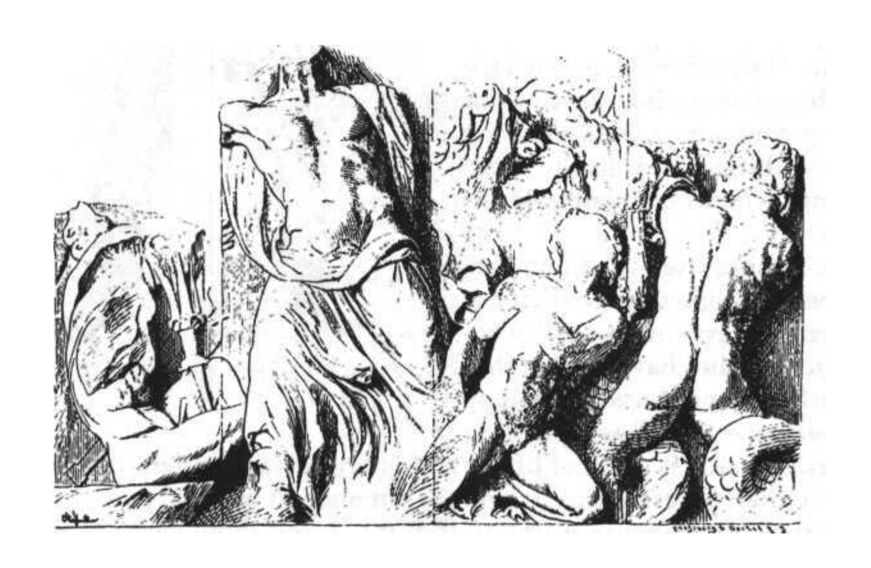


It is safe (and most of us do play it that way) to say that the majority of our problems arise from the lack of consciousness of our programming and the belief that we are more or less helpless in changing our condition. The problem we now face is that of becoming conscious of our programming, and developing the willingness to change those things which our robot holds so dear.

Existence itself (up to now) is dependent upon the conflict between two opposing forces. Psychological studies have proven that tension is produced by happy experiences as well as depressing ones. Tension is a fact of life — and not necessarily an unfortunate fact either. Stresses and strains are not only an integral part of life, but they often appear as life itself. But to bring about the change in consciousness necessary to achieve self programming, we must use some powerful techniques to reduce tension. A still mind is needed for re-programming. This is a result of Meditation, though this may not have been the intent of the meditator. Keep in mind your goal, together with the reasons for it: to free the body from the snares of the Mind, and to make the Mind a Slave to the Unconditioned Will.

Meditation is as old as time itself, but the needs of each new generation differ from those of the — preceding one ~ requiring a re-definition of purpose and the re-formulation of technique.

Energized Meditation is such an adaptation developed by combining Eastern and Western information. Over 20 years have been spent in practice and research to develop a method which would benefit those who seek the goal of "Brain Change Willed."



EM is a sensory-tonic (muscular) technique which takes into account the fact that tension is thought, and thought is tension. Every thought has its neuro-sensate-muscular equivalent. Conversely every tension can be converted into a thought. Every twitch and sensation conveys a thought or a meaning.

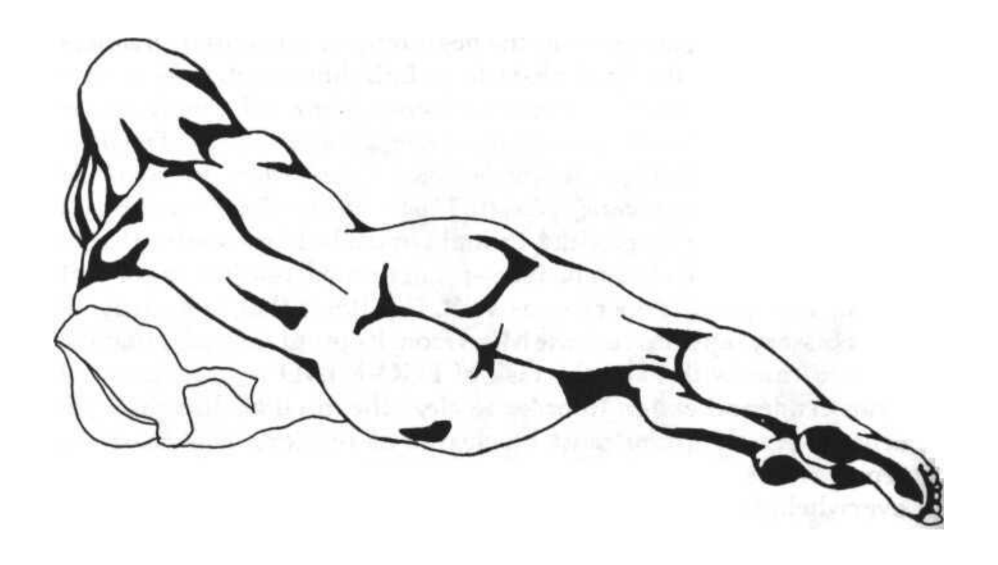


A STILL MIND ISNECESSARY?

It has been suggested from the beginning of meditative practices that the Mind is the final obstacle to Enlightenment. *(This is not to imply that the Mind is Evil, or some sort of destructive force. It does imply however that the Mind once set on a program is self-propelling and difficult to alter. Forfurther information see* Prometheus Rising *by Robert Anton Wilson, particularly the section which discusses the idea of "What the Thinker Thinks — The Prover Proves".)* The mind's major by-product, thought, must be harnessed so that in the end "Mind" itself can be reee—programmed, not just of content but of the "way" it operates as well. It follows that to destroy all unnecessary tension frees the Mind from its programmed thoughts. This in turn will make the task of EGO-MIND re-programming (transcendence) easier. In order to clear the mind of thought, each sensate-muscle group must be cleared of tension, or at least the tension must be reduced. The technical aspects of this idea are overwhelming. While meditation reduces tension, tension also reduces the result of meditation. For this reason concentration on a mantra can never be achieved to complete satisfaction. This is one of the major problems to which Energized Meditation addresses itself. Mantra focus is necessary in the beginning and intermediate stages of meditation, but in order to actually become the Mindless One, the Deathless One, all tension-thought-image structures must finally disappear. True merging with the Universal Programmer (Leary's Higher Circuits) only occurs when Your lower circuits are "clear" and lack domination. What most of us call I — You — Ego are sets and webs of interactive and interwoven tensions. While to some extent these are presently necessary for functioning in this social world, they have become the rival of true conscious will.

THE DESTRUCTION OF THOUGHT AND TENSION

Energized Meditation destroys tension and thought, allowing the student of the LAB to experience complete mindlessness, and Union with Consciousness. This state is an excellent beginning for re-programming the mind.



Not wishing to stimulate more thought-tension we will not at this time try to compare or contrast this method with others. We will get down to facts which in the end can only be verified for you — by you — in your own LAB. Do not believe or accept this theory or in fact any other theory and this does include all theories which have previously been accepted as true, without complete testing and proof. But remember Wilson,

"What the Thinker Thinks - The Prover Proves."

MENTAL CHATTER AND SUB—VOCAL TRANSMISSIONS



Before we get into the first segment of this technique let me make you aware of some facts. Constant mental chattering or thought creates tensions. When you are thinking your voice box moves ever so slightly as thoughts are flowing through your mind. In addition, the jaw moves slightly, as well as the tongue and the eyes. In fact, as stated before there is a fine state of tension when we are thinking. So to achieve true Mindlessness, we first must become aware of the facial, throat, and neck tension which are associated with thinking.

EXPERIMENT I

Sit or lie down in a quite place and allow yourself to "think" about anything. Notice how and where your thinking is experienced. Notice what motions and tensions exist in your face-neck-throat area. After you have completed this, "think" about something unpleasant and notice if there is any difference. Now try "thinking" about something pleasant and make the same notations. Once you are thoroughly aware of this, attempt the following:

EXPERIMENT II

Lie down and do not move. Just breathe normally with your eyes closed. Now become aware and describe out loud for 15 minutes every sensation and muscle twitch in your body. Become aware that tension exists all around and within you.

These two experiments should be tried three times over a week to help you verify that tension is thought — thought is tension. This will require 45 minutes — 15 minutes for each trial. If you do not experience the voice box — facial sensation, or if you are not aware of anything during experiment II, double the time.

METHOD I

Step 1. Sit or lie down. Make Faces ~ Stretch all the muscles in the face. Open your mouth as wide as you can, move the jaw from side to side. At the same time open your eyes as wide as you can. Move your eyes up and down and from side to side. This will begin to destroy tension, thereby destroying uncontrolled and extraneous thoughts generated by this area. Make many different faces. Do this for about 2-3 minutes. *(A word of caution: While in the end these exercizes are meant to reduce and eliminate certain thought patterns, some might find an increase of new thoughts from previously "Hidden" places of the mind. If this is the case don't be concerned, since this will be a fine way to perform "mental house cleaning.")*

Step II. Hum and Chatter — Hum from the depths of your voice box. Use OM or just MMMM. Do this for 1-2 minutes. Now using your tongue, chatter — DA DA — BA BA BA. Stick out your jaw as far as you can and continue humming and chattering. Do this for 2-3 minutes.

Step III. Shoulders to Ears — Pull your shoulders up as if you were trying to reach your ears. When they start feeling tired, drop them as low as you can. Repeat this 3 times in 2-3 minute intervals.

Step IV. Nose Breathing — With your mouth closed take in a deep breath inflating your chest and pulling your stomach up. Be sure to pull the belly in. Hold for a 7 count and then just let the chest fall and the belly relax. Repeat this 10-20 times. Be sure to allow an additional 7 count to elapse before your next inhalation.

Step V. Turn Head — Now bring your attention to your head and turn it from side to side as far as you can. Repeat for 2-3 minutes.

Step VI. Leg Stretch — Lying down on your back, hold your legs about 4 inches off the ground and stretch outward. Hold this as long as you can then let them drop. Repeat this 2-3 times.

Step VII. Quick Breath — With your mouth slightly open breathe rapidly, sighing as you exhale. Do this for 2-3 minutes.

Now lie down and sense and feel your body, for about 10—— minutes. Note every sensation you feel. Now assume a meditative position of your choice making sure that:

(1) Your eye lids are not tightly closed, but simply relaxed.

(2) That your jaw is relaxed and not tense. Make sure of this by trying to stick out your tongue; if you have to lower your jaw, it was too tightly held. Check your forehead making sure it is not wrinkled. Once you are relaxed, either concentrate on your mantra or point of focus. For those students who do not have a mantra or point, we suggest Dr. Regardie's Mantram tape or simply OOOOO-OOOMMMMMMM. For students who wish or require specific images or points of focus, please feel free to contact us.

(3) Finally make sure your throat is not blocked by holding your head in the wrong position. Make sure it is straight. In order to reduce thoughts, keep the eyes relaxed and still, with your tongue touching the roof of your mouth. Do not move the larynx and again be sure that your jaw is relaxed. Meditate before eating, or wait for 2-3 hours after eating a heavy meal. It is also best if the bladder and bowels have been emptied before you start your work.




I WISH THERE WAS A WAY OUT...
THIS UNDOING YOURSELF IS JUST
TOO MUCH WORK!!

CHAPTER THREE AND THREE QUARTERS

HOW MANY TIMES A DAY DO YOU BREAK THE LAW?



Do what thou wilt shall be the whole of the Law.
— I am leaving out an important line — What is it?
Man has the right to live by his own law.
Man has the right to live in the way that he wills to do.
Man has the right to dress as he wills to do.
Man has the right to dwell where he wills to dwell.
Man has the right to move as he will on the face of the Earth.

Man has the right to eat what he will.
Man has the right to drink what he will.
Man has the right to think what he will.
Man has the right to speak as he will.
Man has the right to write as he will.
Man has the right to mould as he will.
Man has the right to carve as he will.
Man has the right to work as he will.
Man has the right to rest as he will.
Man has the right to love as he will, where, when and with whom he will.
Man has the right to die when and how he will.
Man has the right to kill those who would thwart these rights.

By: Master Therion



Master Therion is a freer of slaves. It is very easy to understand why he is hated by Dogma addicts and pushers.

These laws represent enlightened anarchy! This means living without dictators, if you can imagine that. Dictators know that "humans" prefer anything which looks like ORDER, no matter how stifling, rather than anything which looks like freedom. The solution — tell them they are free———show them that they are — slaves.

For further information read the *Masks Of The Illuminati, The Tao Teh King,* and *The Eye In The Triangle.*

CHAPTER FOUR

DOGMAJUNKIES

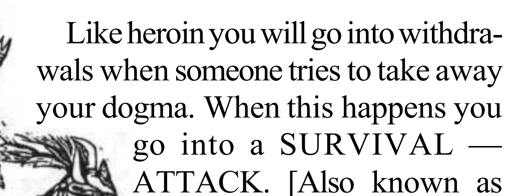


Dogma is a drug — and you are a dogma addict.

"But Doctor, what is Dogma?" "Well, dogma is acting as though you possess absolute truth. Some words which are similar are ~ dictatorial, stubborn, egotistical, bigoted, fanatical, intolerant, opinionated, overbearing, arrogant, stupid, despotic, and the list continues."

DOGMA MIS—CONCEPTIONS

From the day you were born you have been fed dogma by *your dogma junkies.* **Now you are a dogma addict -- addicted just like a heroin addict except, unlike heroin** *your addiction is so common that it goes unnoticed.*



Like heroin you will go into withdrawals when someone tries to take away your dogma. When this happens you go into a SURVIVAL — ATTACK. [Also known as anxiety or fear——some of us kill when our dogma is taken away.]

Unlike heroin, dogma costs you nothing—and you can find it everywhere. If s the second most free commodity in the world. You can make Dogma connections without any fear of arrest. In fact you are rewarded for spreading the junk, Dogma is the LSD of the - (Status Quo) - and like LSD ~ dogma creates hallucinations which we commonly share.



The process of dogmatization is so important that institutions have been erected for the protection and dissemination of the Drug.

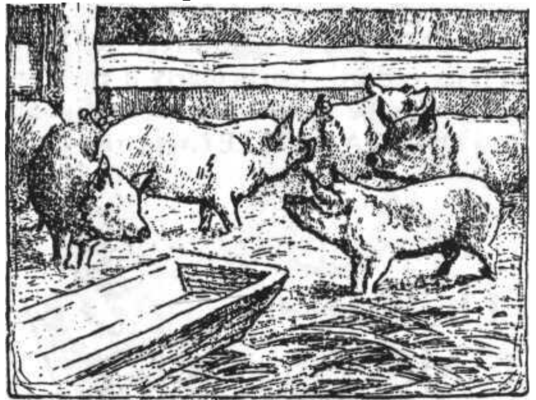
WHEN YOU GO OUT FOR DINNER ORDER DOGMA



"ITS CHEAP"

If someone spots you going into dogma withdrawal (finding or following your Own True Will) you will be provided with a remedy — be it sympathy, electro-shock therapy or, as in Dr. Leary's case, —incarceration.

Dogma (it is interesting for those of us who have learned to spell backwords that dogma is **AmGod**) is essential for the maintenance and protection of those in power.



DOGMA SPEED

The junk travels faster than the speed of light. If the speed of dogma transmission becomes slower than the speed of change then a nervous breakdown can occur. When this happens frantic attempts are made to find fresh dogma to fill the gap. Our social system is full of fresh connections, ranging from psychiatrists, who are specialists in dogma breakdown and withdrawal, T.V., affairs, shopping sprees, wars, sickness, economic disaster, chaos, counter cultures, laws, moralities, etc.

CREATING DOGMA DEMAND AND TRADE INS



Survival attacks can be programmed into your system by the Status Quo DEALERS. Dealers motivate, foster and create survival attacks so they can feed you relief. They gently return you back to your equilibrated state of DOGMA HIGH. This gives them a credit in your DOGMA BANK (guilt, fear and "responsibility"), which they can later call in — particularly if they need you to do something which would be against your better judgment (such as getting killed in a DOGMA BATTLE (wars, riots, etc.).

INTELLIGENT DOGMA



The most advanced DOGMA JUNKIES are of course the educated addicts. They "CHOOSE" their - DOGMA - carefully, not knowing of course that they're junkies. They evaluate themselves and others in terms of the logic-reason-justice of their DOGMA and ~ the customary paraphernalia (styles, conventions, common sense, good taste and consensus).

PUSHERS AND DEALERS

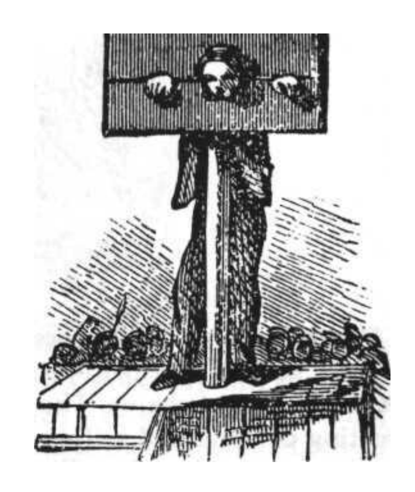


Dogma pushers and dealers come in various sizes and shapes, but at least 25% of the culture is in the direct business of pushing DOGMA free of charge. The remaining 75% are in the business of creating demand and selling the junk for a decent profit. Dogma pushers are constantly selling, controlling and monopolizing the market. If you shop carefully many of them give rebates. What Dogma have you bought today?

DOGMA ILLNESS



When better theories threaten to take the place of worn out dogma the Old Pushers experience Survival—Attacks. Without much warning they—attack it— kill it, jail it, ostracize it, or in some cases cure it—another word (or Brain-Washing. The last gimmick is a recent development used most openly in the USSR, and is normally labeled as treatment. Instead of murder or torture, they now treat those who wish to escape from dogma addiction. An ill person is someone who has created a Survival—Attack in (threatened) the wrong person or group. When this happens, the "experts" are called in to provide the necessary treatment to "help" the victim back to health (DOGMA CONSUMPTION). Treatment also helps the patient become part of the FABRIC of Society (also known as useful, aka as predictable, aka as bored, etc.



IN SEARCH FOR NEW CONNECTIONS



In the search for Dogma we find humans frantically running from place to place, person to person, belief to belief, doubt to doubt, pain to pain, euphoria to euphoria. They are doing everything in the world possible to prevent withdrawal and Survival—Attacks. In order for them to understand one another a Dogma language is necessary. I have reproduced a few choice words for your consumption:

1. **CONSTIPATED DOGMAMITES**



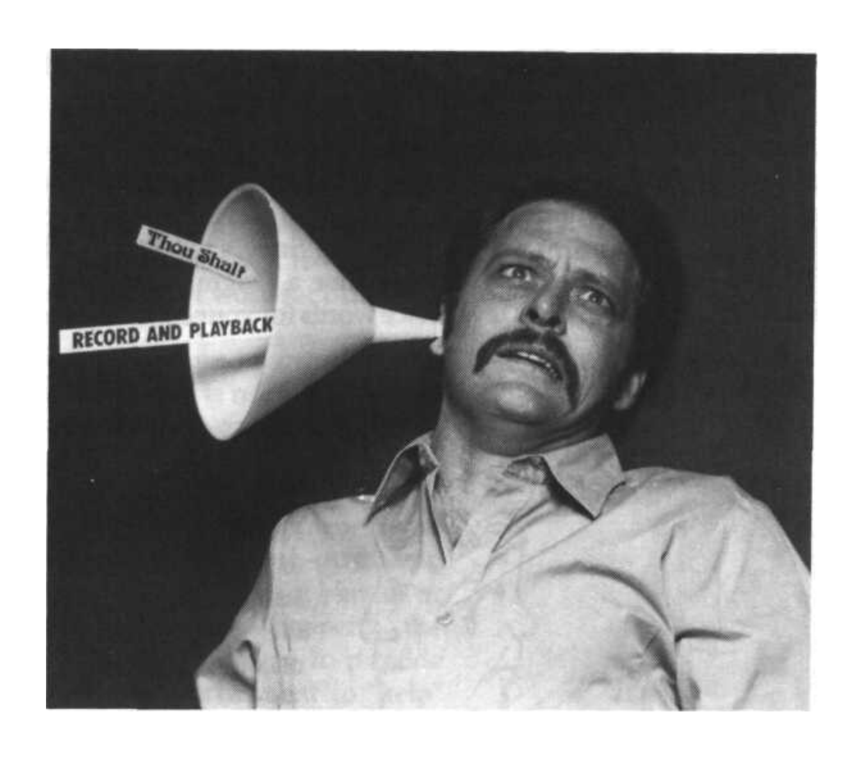
These consist of those who are collecting junkie checks from the Pushers, for their loyalty to the connection. Also known as employees for the government and/or major corporations.

2. **DIARRHEA AM—GOD**

Here we have two groups, a. (Those in charge of marketing and research.) b. (Those about to be voted out of office.)

3.
FOOD FOR DOGMA

Parents and potential parents.
Most people lose what was left of their exploratory drive
when they become parents.
Some say its like having the last nail driven into the coffin.
Of course this doesn't have to happen,
but more often than not it does.

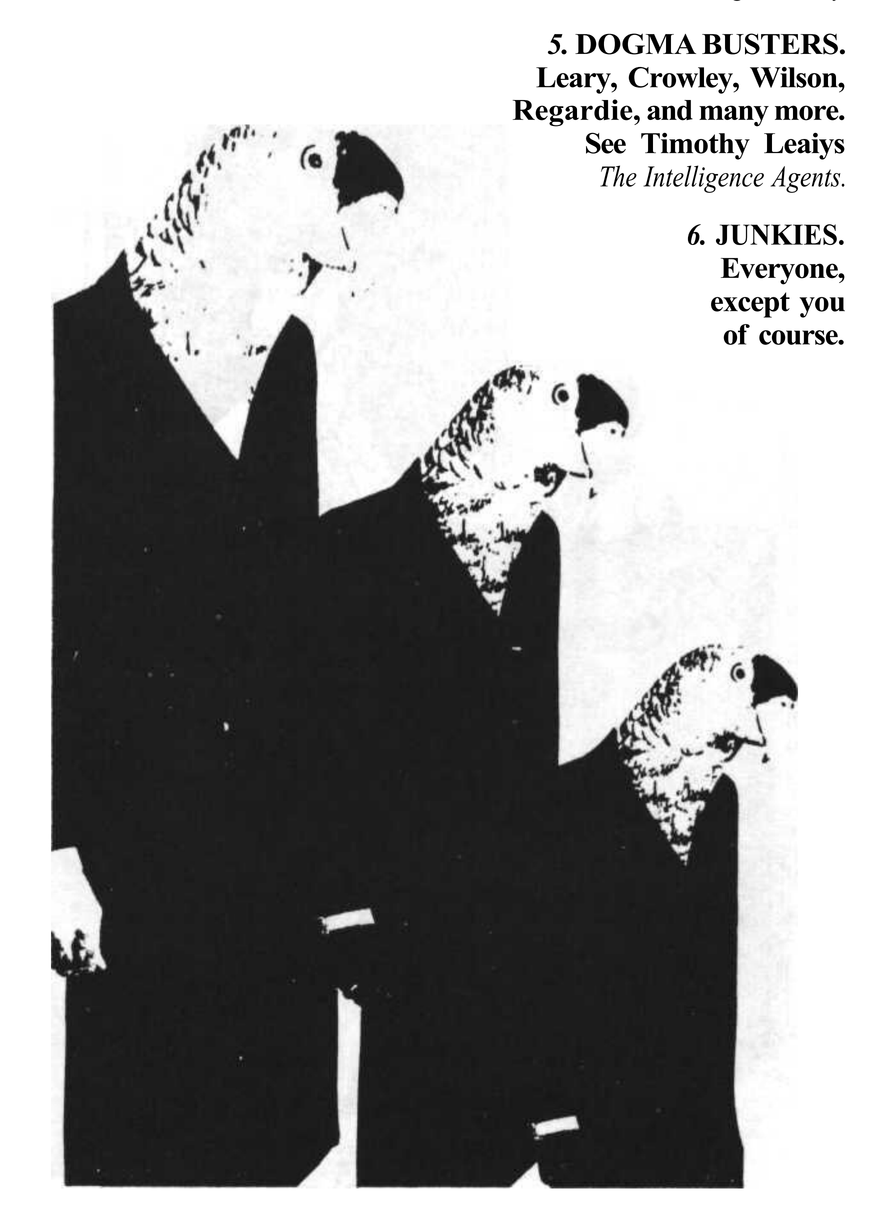




4.
RAW MATERIAL
Infants, Children and Teen-agers.

5. DOGMA BUSTERS.
Leary, Crowley, Wilson,
Regardie, and many more.
See Timothy Leaiys
The Intelligence Agents.

6. JUNKIES.
Everyone,
except you
of course.

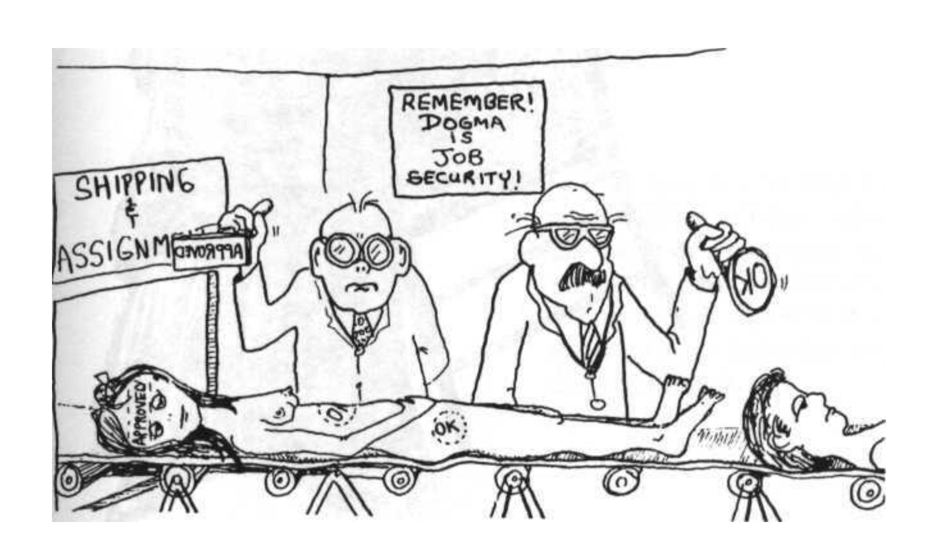


7. DOGMA PATROLLERS. Those in uniform and out. We are blessed in this country with a multitude of protectors and watchers. Are you one of them? If so drop me a line so I can include your comments in my next book.



8. HEALERS. Those professionals that try to get you to fit in again when you finally start thinking for "yourself.

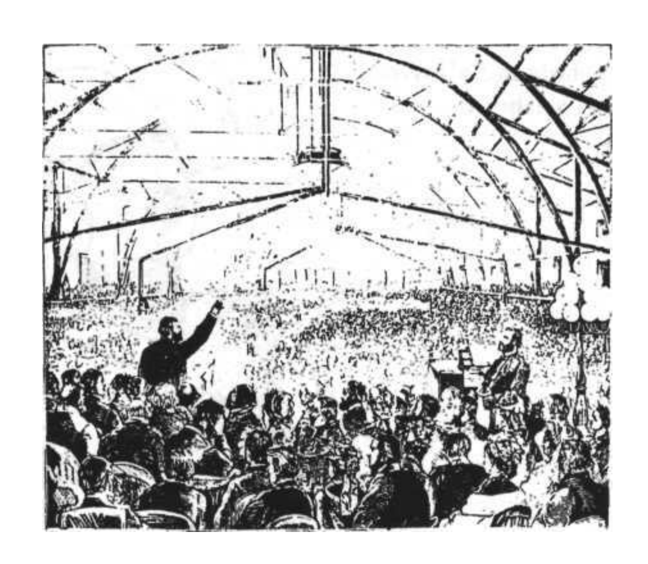
9. DOGMA SCRIBES. They argue over the rights and wrongs of everything. More often than not they create more problems than they solve. This helps their income, for they are commonly known as lawyers and politicians.



10. AM—GOD. The Teachers of self-hate. This includes only those whose vocabulary consists of words or phrases (75% or more) of "right, wrong, can't, thou shall not, should, etc."



11. DOGMA HEALTH. Dogma by democracy. The magical ability to reduce the highest to the lowest. To quote A.C., "The single argument that can be adduced in favour of an Enlightened Democracy is that it provides more completely for the fooling of the Sovereign People than any other known system."



12. MARRIAGE. The ability to turn love and instinct into A—BORED—DOG. Also a license to stop treating human beings like human beings. A decree which states that you must respect someone elses dirty habits, etc., etc.

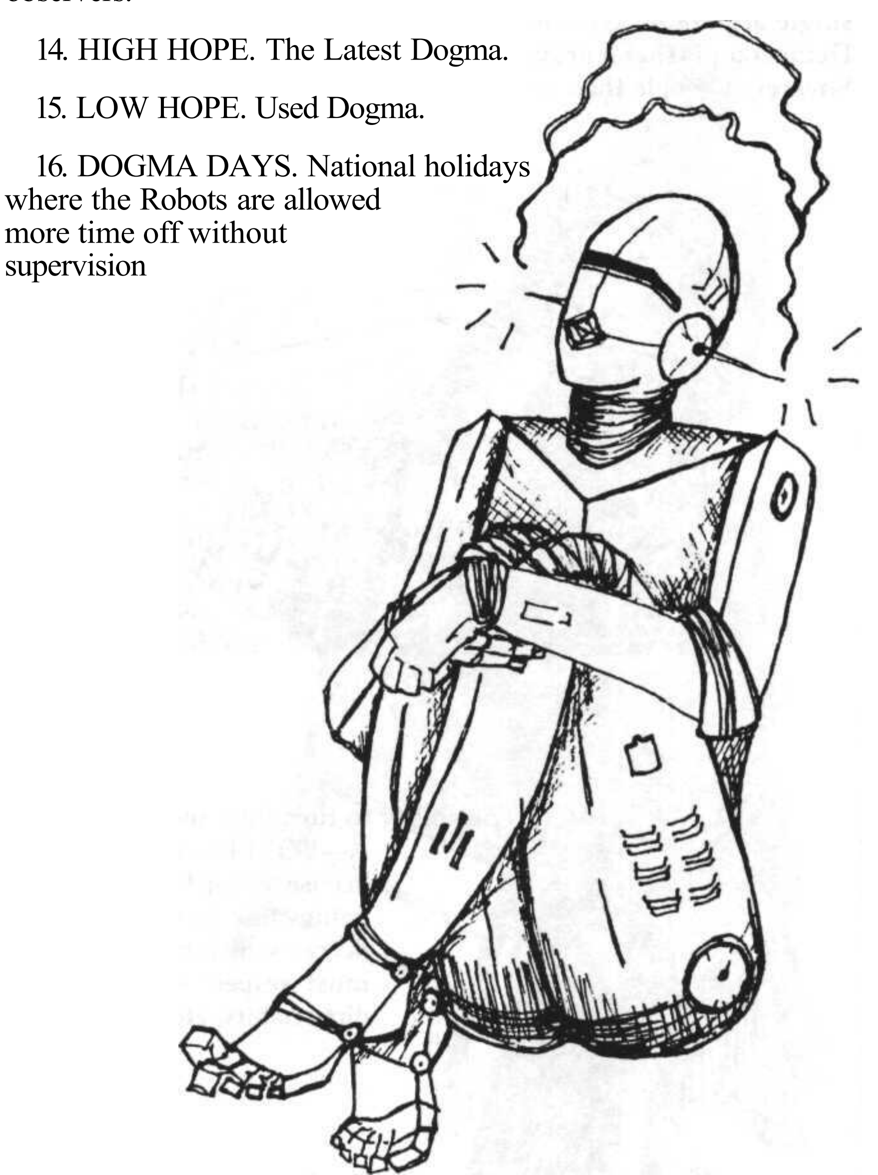


13. FREE—LOVE. Sex without the benefit of boredom AND observers.

14. HIGH HOPE. The Latest Dogma.

15. LOW HOPE. Used Dogma.

16. DOGMA DAYS. National holidays where the Robots are allowed more time off without supervision



17. SLUMMING. Getting into a poor man's dogma.

18. DOGMA FARE. I will give you something for nothing if you will consume my dogma. Also known as politics.

LEX — — I — — CONS — - — PRESCRIPTIONS



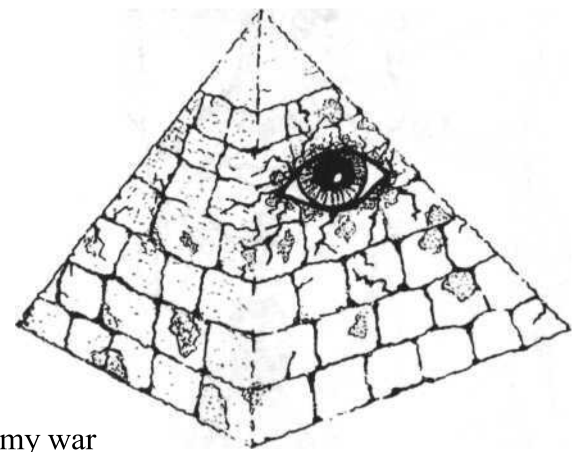
I received a letter the other day from a man working for Dogma Control. This non-profit organ of an Un-namable religion, suggested that I participate in a chemical control program. They believe that chemicals are destroying the minds of your youth. I have reproduced my reply:

Dr. Wormly Willie White
Chemical Control Shelter
Born Again Road
Stifle Penn.

Dr. Dr. White:

Thank you for your letter asking me to head up your fine cause in my area. I am sorry but I must decline.

I am presently too busy working on my own salvation campaign. My work revolves around the fact that words change the chemical make-up of the micro-cells in the human brain. It has been proven many years ago, that all learning creates chemical as well as physical brain changes. The brain grows and changes micro-shapes as we learn. This is particularly true in infancy and childhood.



Therefore my war on drugs takes the shape of a war on words. Words are chemicals ~ as you read this my words are changing the shape of your brain. You may wish to stop here, since who knows what the results might be. My research using brain scans and micro-photography indicates that children who are taught to hate themselves — feel guilty and frightened — repress their sexual drive have peculiar micro-brain patterns. The density of structure is different and less flexible than those children who do not learn the lessons of self-hate, repression and emotional violence.

You might ask about my sample, and as a scientist I am obliged to tell the truth. The brain damaged group consisted of 1000 units kidnapped randomly from various religious organizations across our country. The kidnapping took place during a chemical con job, that is during Sunday Services. The control group was carefully selected from the Garden Of Eros. The results indicate [probability of error 1 in 10 million], that those who attend Sunday Services have different micro-brain cell structures and composition than those that play in the Garden of Eros, and that this particular type of dogma is bad for your health. In my attempt to remedy this epidemic, I have taken it upon myself to set up DOGMA CONTROL CENTERS across the country.

In closing let me ask how you got my address and why did you write to me? You do know that we are on different sides? In courtesy, I will offer you a free week in our UNDOING CENTER. With enough hard work, I think we can get your brain back in shape.

Amen———Awomen. etc.etc.etc.

P.S. Have you ever tried the Lamed-Aleph position?

P.S.S. Be careful of what you read it might change your brain! BYE!BYE!



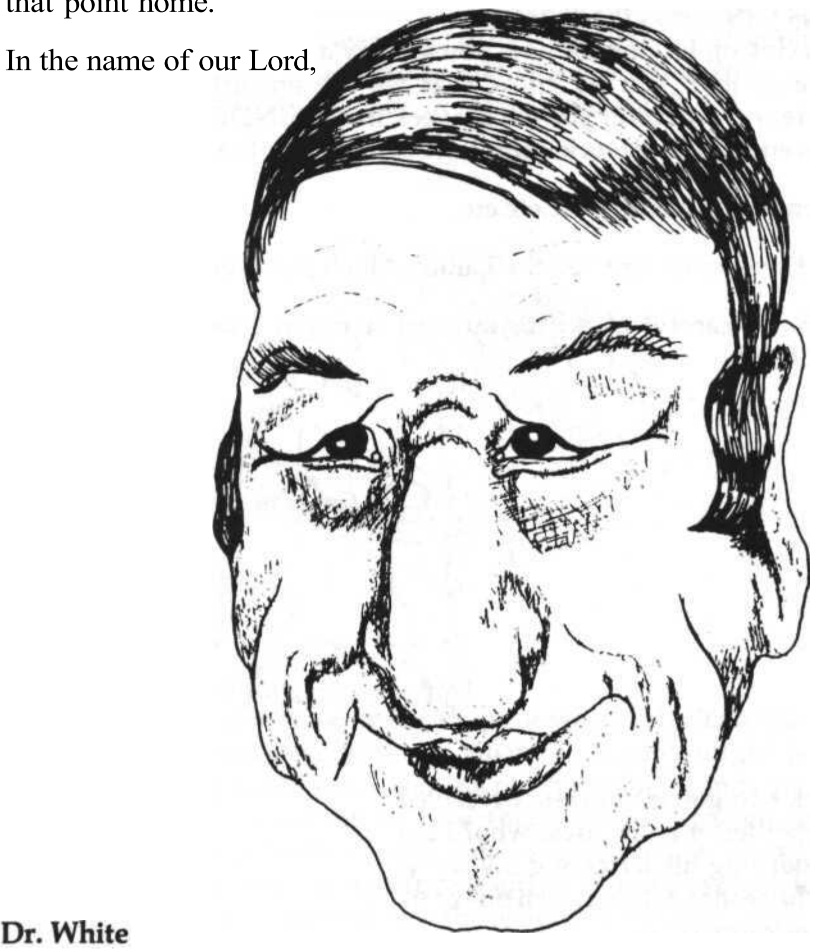
Prior to going to press, I received another letter from guess who? I am reproducing his letter and my reply. Let the reader decide which one of us makes more sense.

Dear Sin

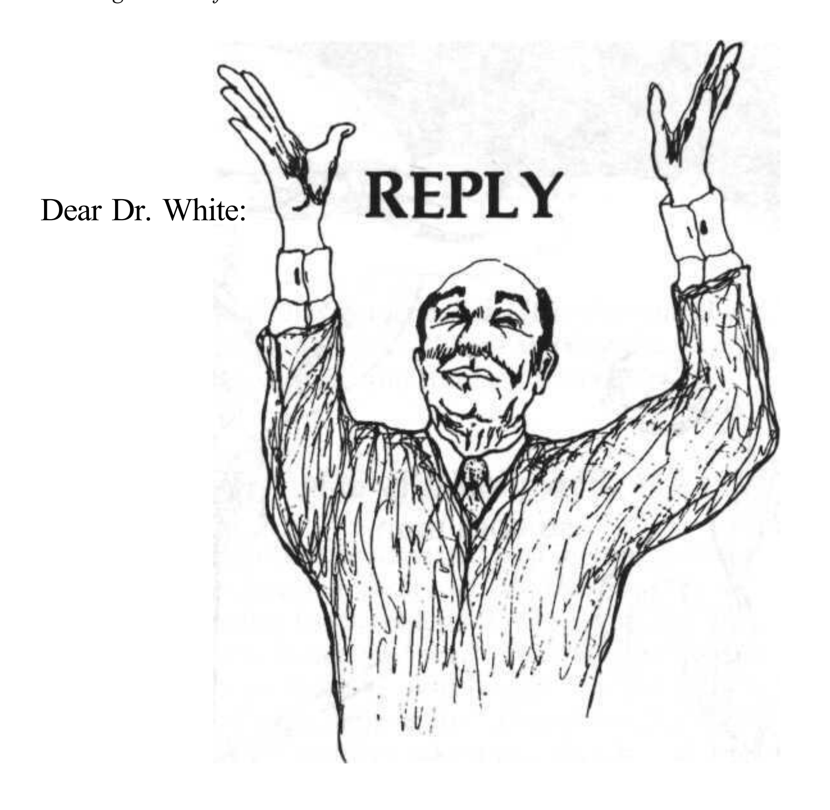
Your letter of the other day has just arrived at my office and at the suggestion of the Board of Directors of the Scared Scribes Of The Apostle Paul, I have been ordered to inform you, that your book as well as yourself have been placed on our List.

We are buying every copy of your book, and then burning them in our incinerator. We believe that "people," if you can be called that, like yourself are destroying the moral fiber of this country by advocating that people should and can change their Brain to follow their own True Will. We hope our actions will be sufficient to drive that point home.

In the name of our Lord,



Dr. White

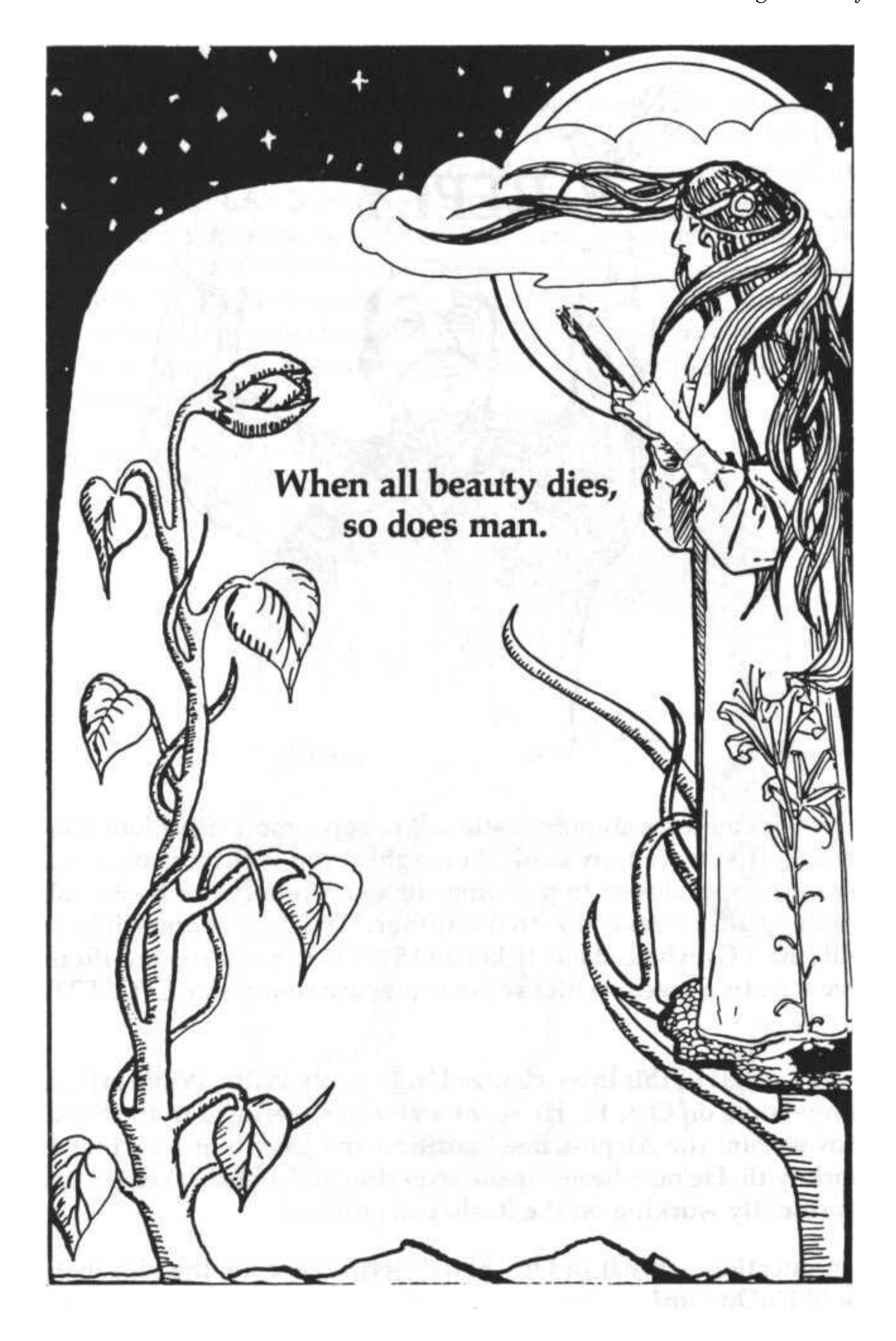


Dear Dr. White:

First let me ask a stupid question. What does moral fiber look like? Second, if you read my book thoroughly, you will remember that who-ever was closest to guessing the exact number of books sold would spend a weekend with the author. Well, I guess you win! You will find a Greyhound bus ticket and $25.00 expense money. Please give me a two-weeks notice so I may prepare your room. ETC., ETC.

As a result of this inter-change Dr. Wormly Willie White arrived at my home on Oct. 12. He spent a glorious weekend in the Sun. I showed him the Aleph-Lamed position and gave him a partner to work with. He now heads up our experimental alphabet center, and is presently working on the Resh-Yod position.

A question -- What in Dr. White's letter gave me the idea that I could UnDo him?


When all beauty dies,
so does man.

METHOD II

You should have practiced the first stage until you became aware of your deeper tensions. Before starting the second stage be sure your bladder, bowels, and stomach are empty.

LIE DOWN ON YOUR BACK

Take 10-15 deep breaths starting deep in your guts and work it upward. Try to become aware of all the muscles you use in breathing. When this has been done slowly get up. Stand straight up and count to three. When you reach three let the top part of your body collapse downward at your waist. Do not fall, just let it collapse, do not force it, let gravity pull it down. Repeat this 10-20 times. When you are finished take a few deep breaths and feel the effect this experiment had on you. See if you can sense your pelvic region. Now repeat the same experiment this time exhaling rapidly as you fall and breathing in slowly as you rise. Repeat this 10-20 times and then become aware of the sensations in your body.

LIE DOWN ON YOUR BACK

Inhale——as you do this slowly bring your legs with the knees flexed up to your chest, as you exhale kick your legs out as far and fast as you can. You might want to do this in bed or place some pillows under where your legs will fall. Repeat this until you start feeling tired, then allow your breathing to return to normal. When this happens start again but this time try to hold your legs extended for a second or two before you let them fall. Continue this for a minute or two and then relax again.



Now inhale—on the exhale scream — scream — scream, or if you are a male - yell -yell - yell. Repeat this at least five times. (In order to prevent your friends and neighbors from thinking you're nuts and phoning the police I suggest you yell or scream (depending on your sex, of course) into a pillow.

Now lie down on your back and sense and feel the energy moving around and throughout your body. Do this for about 5 minutes, and feel the life force move. When you are finished begin your mantram, or if you wish you may use the one recorded by Israel Regardie. If it is used following these experiments it will blow your mind. If you prefer to use your own, record it continually on a tape for at least 20 minutes and then play it back to yourself while you're meditating — Method II is not meant to take the place of Method I, it is just an extension of the experiment. If you are inclined, make a note book or diary of your experiences. There are no-short cuts, so proceed seriously — you can laugh at yourself later — that is unless your laughter begins on its own. When you have completed this experiment try to spend at least ten to fifteen minutes alone. Don't eat or drink, just sense and feel.

CHAPTER FIVE

NEW ORGANS FOR EVERYONE
A HOPE——A WISH——A REALITY?



It is staggering -- [OH NO! There he goes again—Breaking Set]—to realize that as late as 1633, less than four hundred years ago, Galileo was hauled up before the Inquisition; there he was forced to recant his belief that the sun is the center of our solar system with the earth revolving about it, rather than vice versa. His abjuration was one of expediency for later he recanted his denial. He had long been a scientific heretic. While professor at the University of Pisa late in the sixteenth century he initiated experiments concerning the laws of bodies in motion.



These were contradictory to the teachings of Aristotle, the Greek philosopher whose theories, expounded in the fourth century B.C., still exert an incredible influence on the thinking of the Western World. Galileo's experiments and those of Copernicus opened a door into the scientific community through which some fresh ideas could flow. But so strongly entrenched was the teaching of Aristotle that most of us today, completely without our awareness, are still affected by his premises.

So rigid is the mental process that not until recent decades has his dogma been subjected to serious questioning. Even a slight examination of his premises will indicate the fallacy of the reasoning that for so many centuries has influenced scientific and philosophical thought — and indirectly the thinking processes of the man in the street.

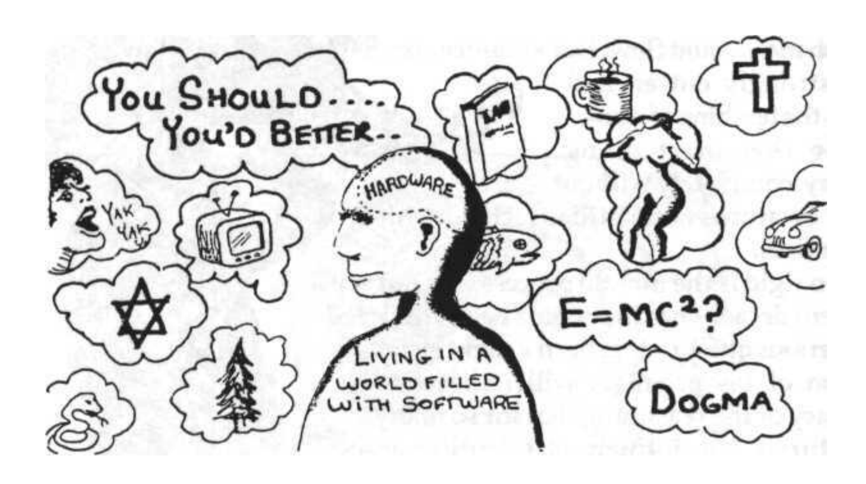
This has also contributed to the reality in which we have been living, since beliefs do create our reality. Aristotle considered philosophy to be the discovery of certain self-evident, unchanging first principles that form the basis of all knowledge.

Yet today the Quantum Physicists declare that the very act of observing what we consider to be reality is sufficient to change it.

Even as we see or think or touch what is "outside" we organize "reality." The observer is such a vital part of the observed that we may never know anything but an alchemy, a Union of "out there" and ourselves.

The philosophy of Aristotle is as obsolete in today's world as a (You Fill in the Blank Space). Yet unfortunately his beliefs together with those of his teacher, Plato, continue to produce generations of people with Cave Mentality who live by Cave Logic.

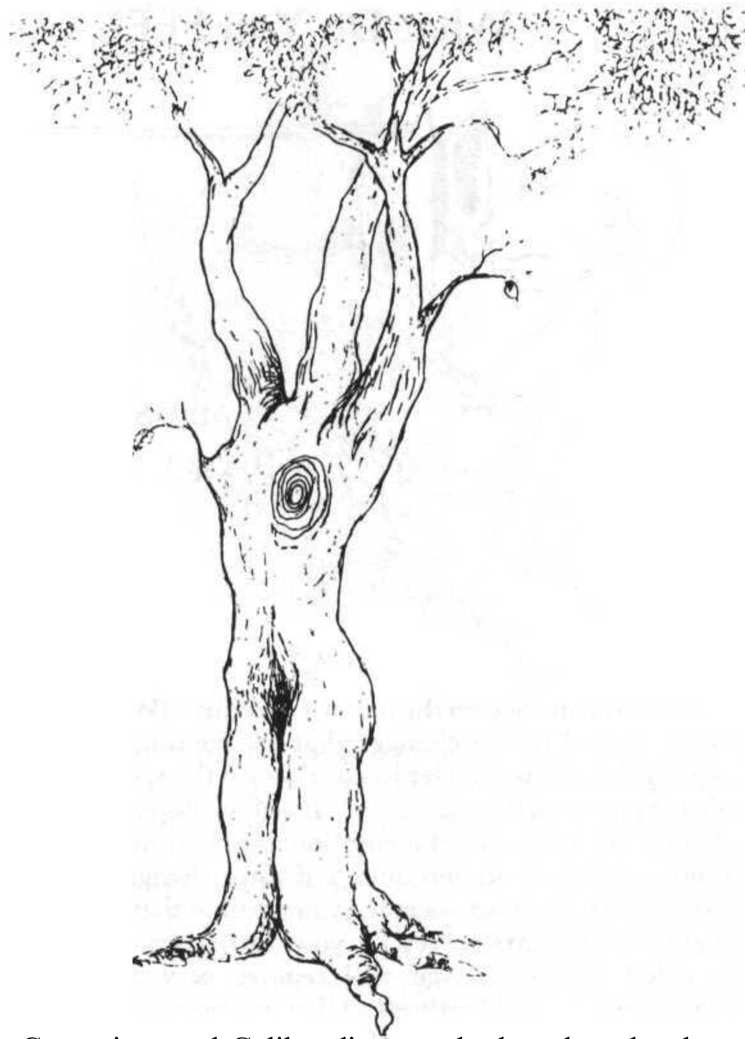
CAVE MENTALITY MUST GO



One of Plato's most famous fables is the Myth of the Cave. We are looking at it now because of its accuracy when related to the world in which we live today. All too many of us are like prisoners in that cave which eternally faced away from the light.

They were unable to see themselves or anyone else because they were shackled with chains around their necks which prevented them from turning their heads. Above and behind them was a flickering fire and as men passed by the prisoners observed only the shadows cast against the wall; they refused to believe that reality was anything different from the shadows. Most of us are like prisoners in a mythical cave——prisoners shackled by Cave Logic: what mankind has always believed is true because it appears to be true. And by Cave Logic: what we think we see is reality because it looks real. We are unaware that we have been so programmed from infancy that what we see is what we have been taught to believe we are supposed to see. Consequently, like Robotic children — or like shackled slaves — most of us continue to see and believe what we are expected to see and believe.

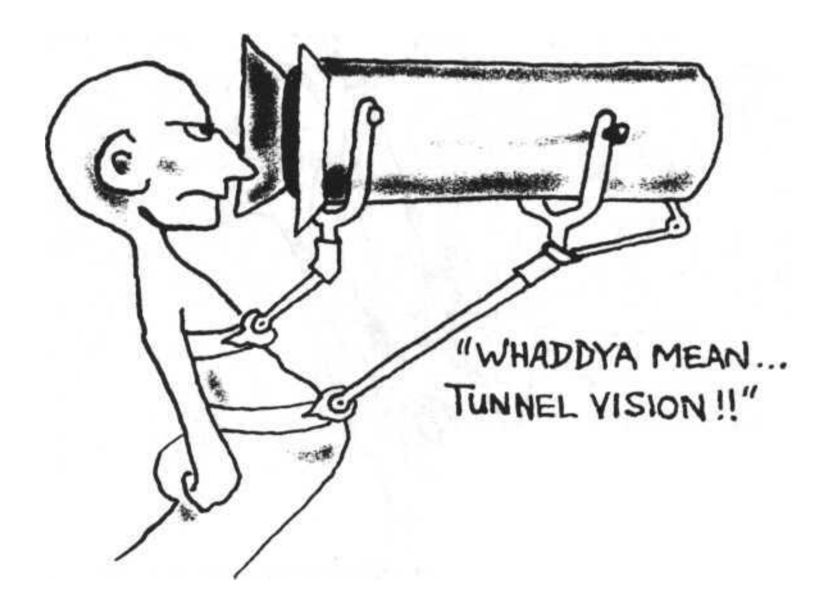
IS IT DANGEROUS TO SEE



As both Copernicus and Galileo discovered when they dared to defy the dogmas of the Church, it is dangerous to be different; it is even more dangerous to see some TRUTH. All heretics before and since have discovered this all too

frightening fact.

CHANGE YOUR GLASSES——What Do You SEE?



You have an edge on the mass of mankind. (Well, maybe.) You are being alerted to the changes that are coming upon mankind, so rapidly that Alvin Toffler has dealt with the speed of this change in his very informative *Future Shock.* It will be impossible to survive the change, to cope with the emotional, not to mention the physical trauma, without undergoing a drastic change in consciousness. (Note: Here again we see man as something that is pulled along, and changed by external forces. Do you like that image? Well, for most it is true.) The New Age will require new men, men of High Conscousness, and fortitude. All of our present dogma models will crumble before the vision of the immortal man who stands at the threshold. Those who would survive can do so only by grasping the vision of what lies ahead and beginning NOW to prepare to ride the crest of the New Wave that will carry them into an interesting future. But nature will no longer tolerate a rigid dragging foot. And the first step is to begin to UNDO yourself——NOW.

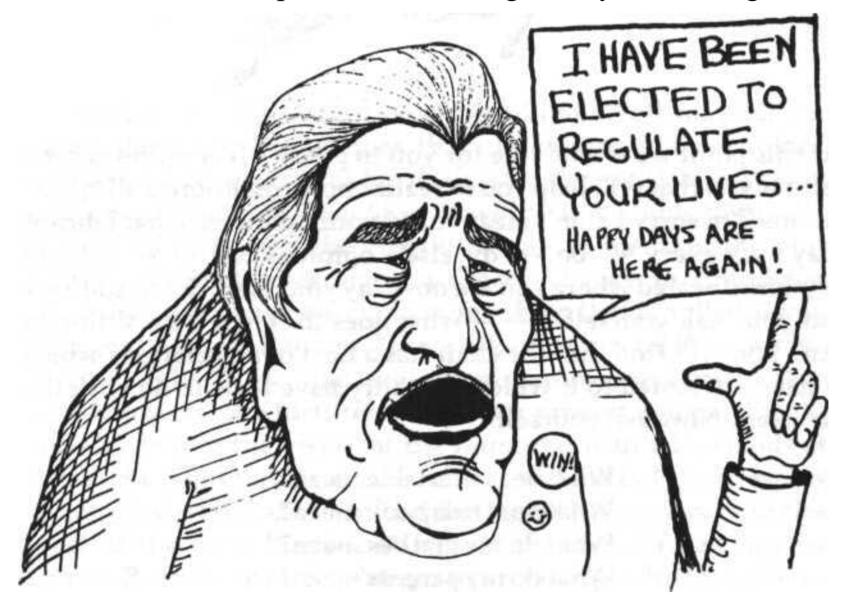
WHAT DOES IT ALL MEAN MA—MEE



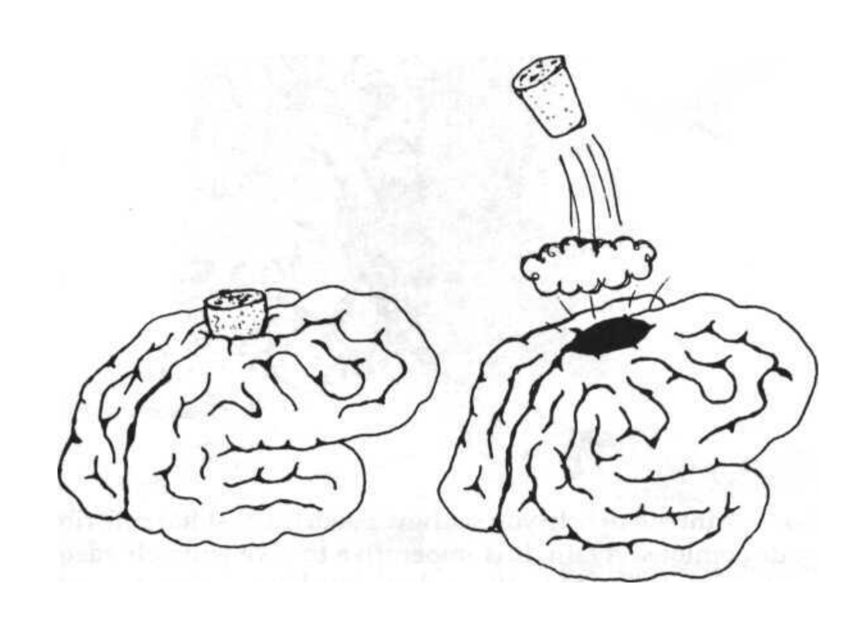
At this point we would like for you to pause a few minutes for a brief analysis that will help you to realize how conditioned all "your" opinions (I'm sorry I didn't mean to say your opinions, what I meant to say was every — bo — dy else's opinions are————about everything. Seated where you are now, lay your book down and look about you. Ask yourself————what does the chair I am sitting in mean? You will find that the chair has a host of associations which you have attributed to it which in reality have little to do with the chair itself. Now ask yourself:

What does this table mean?
What does this book mean?
What do my clothes mean?
What do my parents mean?
What do I mean?

Add some of your own questions to the list above. Let your eyes and your thoughts wander about the room you are sitting in, and then into other areas of your life and repeat the question. You will be amazed at how little your feeling or opinion about any object is related to the thing itself. It is based on a vast body of opinions, conditions, feelings and ideas that you have superimposed upon it, and which have very little relation to the object itself. Now let us try another experiment. It is advisable to spend considerable time — several minutes [Ha!] on each object — to make you aware of how conditioned you — and — not me — are about everything in our lives. Look out the window and ask yourself as your eyes rest on each object, what is the truth about this tree, lawn, people walking on the street, or whatever your glance rests on? Mentally strip the objects to the facts that you perceive. Even your perception of what you believe to be facts concerning it or them is likely to be distorted -nevertheless your efforts to confine your conclusions to the apparent facts concerning it will help you to increase your awareness of how distorted are all our perceptions concerning everything in our lives. We rarely view anything without our fleshy robot machine being right in the middle. Almost all of our conclusions are based on "trained" input — which categorically means dogma.



Now we must begin to unlearn, to re-condition, to begin to change our consciousness and in the process change our lives, our immediate environment, and eventually contribute to changing the world itself. Be sure to give yourself sufficient time in the above exercises to become truly aware of this mis-conditioning all of us have been subjected to. Extend your glance and your thoughts into various areas of your life. Question certain conditions as well as various objects. It cannot be overemphasized that it is imperative to become aware of how we think if we are to change our consciousness. And thinking is such a rapid and subtle process that unless we take the time to examine our thinking processes we will continue to be unaware of how tricky and distorted are our perceptions.



CHANGE YOUR BRAIN——
What Do You Think?

OR
WAS DR. FRANKENSTEIN RIGHT AFTER ALL



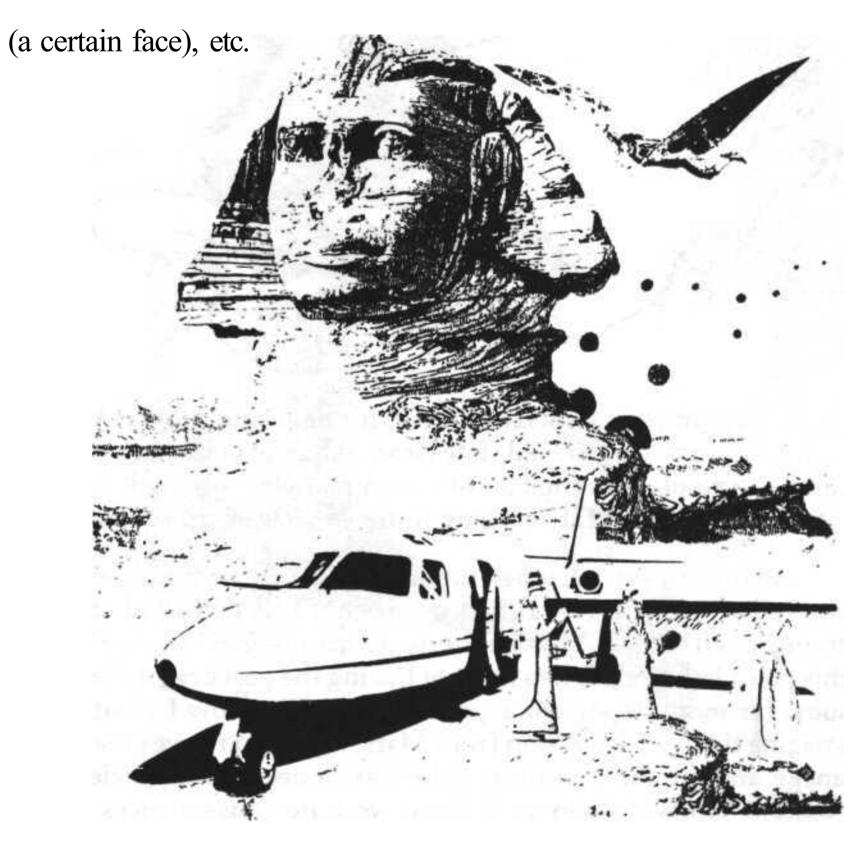
Now we intend to help you see how much the past has contributed to your opinions. Again, it is imperative to give yourself adequate time to realize fully what you are thinking about an object, person or place. Ask yourself:

Because of the past when I see a (certain place) I think——Repeat with this:

(a certain person),
(a certain book),

[Take this book for example, a book elicits certain associations merely because it is a "book" - I have intentionally made some errors in this book, have you noticed them yet? What errors were made intentionally? Which ones are merely mistakes? Or is the statement simply a device to cover up a sloppy job? Maybe all three statements are true? Maybe not? The answer is you don't know for sure. However the idea of breaking Set is the key. Have I broken your set yet? How many other explanations can you come up with in regards to the "errors" in this book? I am offering a reward of $50.00 for the person closest in guessing the number and location of my intentional errors, and the meanings of the — internal code.].

(a certain face), etc.



Add other comparisons of your own. Very shortly you will be amazed to realize that it is you who have given meaning to each of the objects, conditions or people in question. You might realize that your thoughts have very little meaning, very little accuracy. And that you see very little if anything without your own personal conditioning and dogma *rearing* its ugly face. You will learn what an important factor Time plays in your life. You will learn that you rarely if ever live in the NOW — that you are always being dragged down by the burdens of your past and cluttering up your future with



the garbage of your associations. All this has to go. YOU HAVE TO GO. You must wipe the old slate clean. It has no place in the unborn future — no place in the Life of——a real you, who will be swept into a new Wave of Life surging in the bowels of this planet.

To help (Can you tell when the author is really trying to help? Can you tell when he is just filling up space? Or is he full of shit, just trying to sell books? Why does he use so many styles? Name them.) at this point let us relate this habit of having the past drag us behind to some far more important aspects of your life. Now I want you to imagine that you are a Man from Mars. When you have created this image answer the questions below as honestly and as clearly as possible. Answer them as if there were no consequences for the TRUTH.

I like/dislike my job because
[No bullshit please.]

I like/dislike my neighbor because

I like/dislike my parents because
[No lies]

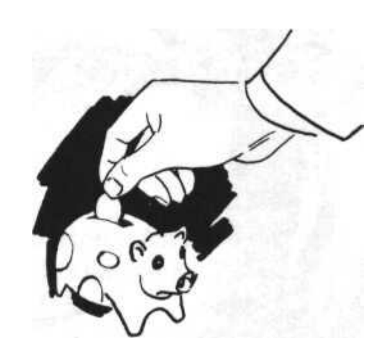
I married my spouse because?



Above all do not escape your answers with guilt, shame or cliches. Yet another experiment will prove to you how much of what you feel is unrelated to the person/place/condition/or thing you relate to. In the same manner as in the previous experiments, look at the following questions and apply them to various conditions in your life.

This person disturbs/enthralls me because
This place enthralls/disturbs me because
This condition disturbs/enthralls me because
This thing enthralls/disturbs me because

LIMITED SUPPLY PHILOSOPHY



You are likely to find that in one way or another the majority of your answers have been influenced, whether directly or indirectly, by the Limited Supply Dogma which has pervaded the Earth for uncounted(*How much is the author like the book? Does he live what he preaches? What scares him? Which style is most like his basic personality? Would you like to meet him? What does he look like? Does he smoke cigars? Is he married?)* **millenia.**

Basic to this philosophy was the limited life-span, with its eternal cycle of beginnings and endings. But now with reams of evidence that death itself will be conquered, the very foundation on which this philosophy rests is being cut to the quick. The Limited Supply and mortal philosophy is so deeply ingrained that conscious acts of re-programming are absolutely essential. Keep in mind that the very fact of the mortality concept is limiting. What could be more basic to the idea of limitation than a limited number of years to live? The artificial and arbitrary standards of evaluation which have been placed on you by the Establishment — the term of service with a company, marriage, your status in the community, your financial statement, etc. But in an Unlimited Life of Limitless Supply such standards of evaluation are utterly non-sensical. If life never ends there is no end point for evaluation and judgment. As sta-$$-ndards change so will the mind and visa versa. There will be nothing to fight for because even if accumulation is your personal goal, your time will be infinite. All pressure will be removed. Those who still desire ultimate power will have less clout with which to influence you because you will be independent of them.



Scare tactics based on death and restriction become useless once the limited supply philosophy becomes obsolete. In a world of unlimited supply, power structures and leaders as we know them today will be totally useless. This could well be the one reason that funds and efforts are *limited* for unlimited supply research. [Is *the author paranoid when he makes references to intentional plots to control the minds and bodies of people? If so why? If not what evidence can you think of?*]

Entrenched authority is not likely to look with favor on research which will end its mindless control over our minds and body. When UNLIMITED SUPPLY becomes a reality the Alexanders, Napoleons, Hitlers, and less obvious lunatics will have to change their strategy. The search for Immortality must never be left in the dirty hands (Do politicians wash their hands more than non-politicians?) of political-government-corporate cartels.

Dear Mom:

Without you and all the silly people who wanted someone else to run their lives I couldn't have done it.

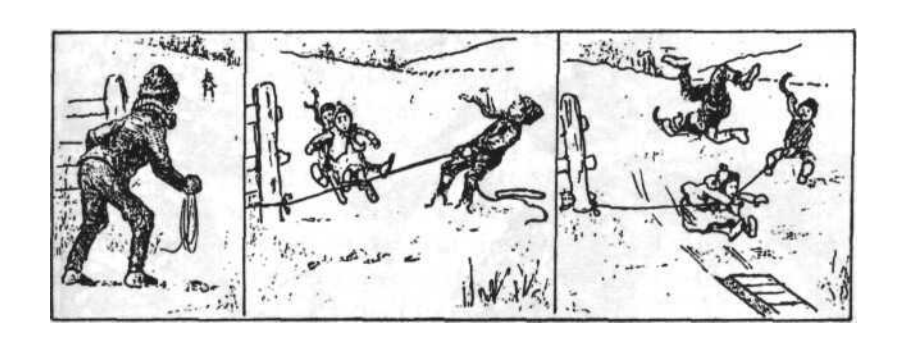
Your loving son,

N

P.S. Right now I really don't have time to give you a grandchild.



Unlimited supply and immortality is iconoclastic to all present forms of Mind-Body control. It is terrifying to conceive of the results



if the secret of immortality were wholly theirs. If everyone could achieve immortality all present forms of power would melt away.

There would be no need for power structures; only if they had a monopoly on immortality could they offer anything which you could not better negotiate for yourself. Should they manage to obtain such a monopoly their grasp on your mind and body would intensify the sense of meaninglessness and purposelessness that already plagues the majority of mankind.

The unlimited supply philosophy will change all our attitudes. Since time will then be limitless, whether or not one acquires or achieves something "right now" will no longer be as important as it is now. [*We will no longer be driven, but instead be driving.*] There will always be a legion of Tomorrows in which to reach the desired goal. Instead of the compulsive drive for acquisition there will then be a new sense of freedom, a timelessness. To the un — initiated mind this could create a sense of meaninglessness, but to the en — lightened mind it would mean true freedom to follow the Will. Dis-ease as we know it will disappear. Intelligence will increase and the limited supply value system full of paranoia will disintegrate. The need for childish religions will be replaced by JOY experiences rather than fear motivated behaviors. Such experiences would become the Purpose and Power of man as he became involved with the true search for Union with his Higher life—without—having to give up his body unless he decided to trade it in.

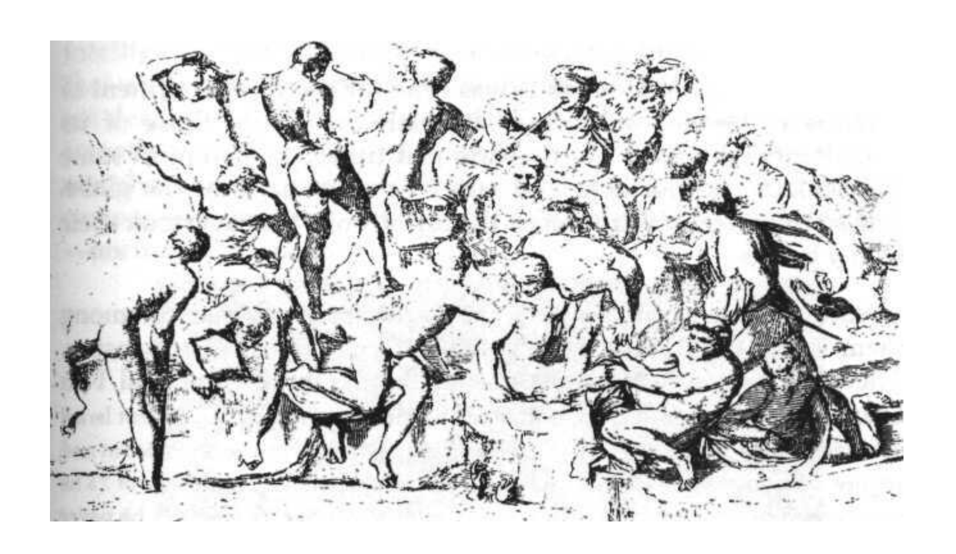


CHANGE IS THE ONLY CONSTANT



If such ideas seem strange, perhaps impossible, we would remind you that Life is in a constant state of flux. History records man's perceptions of the "truth" and these perceptions are firmly distorted, as anyone knows who has researched historical sources.

On the other hand Legend and Myth preserve the essence of the truth. This is validated by the similarity of world legends that persist in all parts of the world and in all cultures and religions. One of these is the Legend of Atlantis, and from it we can learn much that is pertinent to the global house-cleaning forthcoming in the immediate future. Nature, which normally seems to move with the speed of a slightly paralyzed snail, appears at times to decide to go forward in great comet-like bursts of speed. At such times woe be it to laggards. They are trampled in the rush to escape.

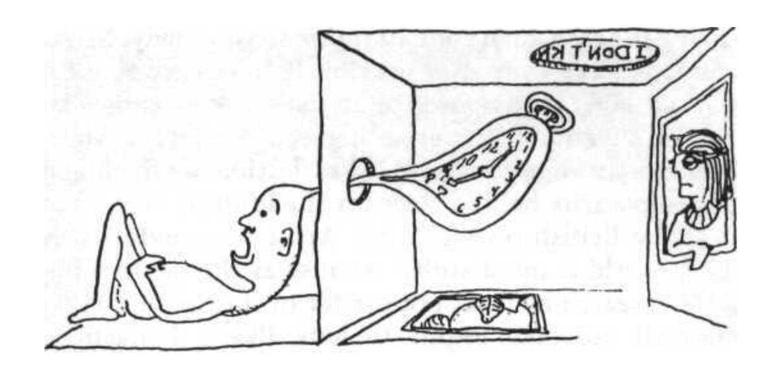




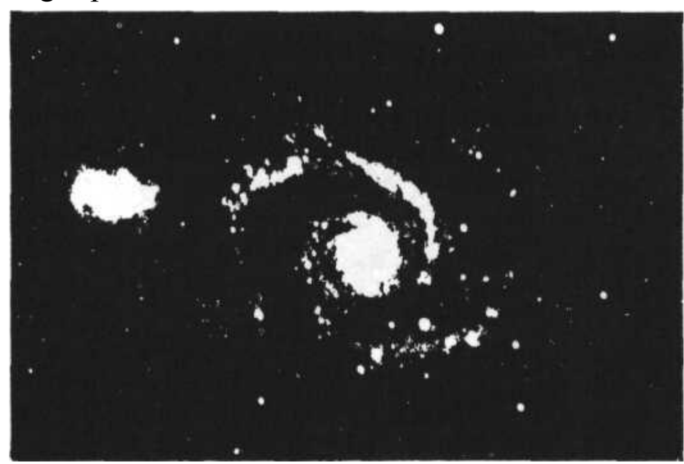
Legend tells us that when it was time for the great continent of Atlantis to become submerged beneath the ocean, those of its inhabitants who were alert, aware and tuned in — were in some "miraculous" fashion whisked safely to other parts of the globe. And so they were able to escape the catastrophe that overtook their fellow beings.

Nature is once again sending out warning signals galore. Among them is the proliferation of centers for consciousness expansion. There are New Age teachers, such as Bob Anton Wilson, and Tim Leary, (who have been strongly influenced by Mr. Crowley and his Student Israel Regardie who provided the "bridge", the integrating factor between mysticism and science. For those who didn't know Francis Regardie personally, at the age of 75 he was as open to new experiences as a young adult. While age took its toll, he never became obsolete, rigid or fixated. I wish all of us could follow his example.) **Those who refuse to read and be guided accordingly, like the ancient Atlanteans, will be overwhelmed in the catastrophic days ahead. (How do you like that threat?) But those of you who choose to become undone and enlightened will be guided and protected. (How do you like that promise?)**

They will be Nature's Super Race that now stands impatiently in the wings awaiting its cue to come on stage. If we are to survive, the first necessity is to change both our attitudes and our perceptions.



As Gary Zukau points out in the *Dancing Wu Li Masters,* atoms are "Hypothetical entities constructed to make experimental observations intelligible." Yet for so long have we dealt with the idea of an atom that we completely forget it is simply that — an idea. And even when we deal with the idea of an atom we are in reality dealing with something which is largely non-existent. An atom consists of a complex arrangement of electrons revolving around a nucleus composed of protons — positively charged particles, and neutrons —uncharged particles.



It has been said that if the nucleus of an atom were the size of a pea which had been placed on the 50 yard line of a sports stadium, the rest of its parts, the electrons, would be spinning at the top of the grandstand. This gives you an idea of the amount of empty space within the electron shell forming the perimeter of the atom.

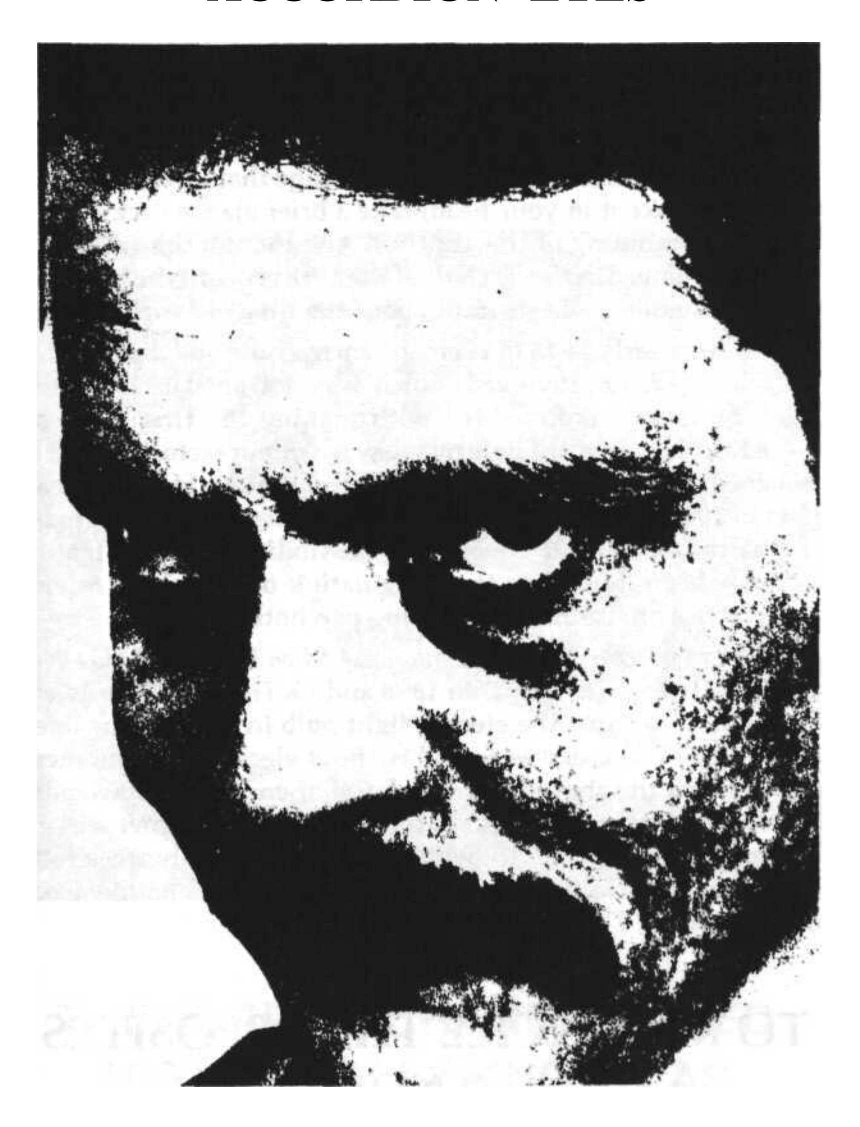
This being the case, turn your attention to your body. Now decide if the opinions which you may previously have held about it have validity. Your body is composed of atoms — for scientists still use the term in describing material objects. Therefore your body consists of mostly empty space. It is a collection of whirling atomic particles, temporarily held in place for the lifetime of the body.

And yet the British physicist, Sir Arthur Eddington says, "the stuff of the world is mind stuff," because as the modern physicist continues his search he finds not matter in stasis, but vital energy. "The material universe begins to look like a fantastic cosmic interplay of energy and consciousness." Already Physics is speculating that mind can and will move matter and shape it into other forms. Dr. William A. Tiller, Professor of Material Science and Engineering at Stanford states, "A biological transformation to another sensory system appears to be taking place in humanity at this time." More and more scientists are beginning to give validity to the hypothesis of the metaphysicists. That while we are accustomed to using the terms life and death as if they were true opposites, this is a grave mistake. They are finding that the only opposities are Birth and Death for "life is a constant unending Continuum."

(Hell! I'd rather have some of that old time religion, **wouldn't you?)**



LOOK OUT THROUGH ACCORDION EYES



"That statement sounds quite paranoid."

Wake up! See the writing on the wall! Stretch your vision! OUCH! As a current TV commercial states, The Future Is Here Now. Get with it! Realize———THAT THE PURPOSE OF LIFE IS TO CHANGE IT! No longer will mankind be permitted to perpetuate a troglodyte mentality. A super-race of super-WoMen is on the way. You can become a part of that race (if you have strong legs), or if not you can putter along in your accustomed nightmare until NATURE stamps you OBSOLETE and tosses you out among the Rejects. *(If reason doesn't work try scare tactics.)*

If you still question the exponential change that is now occurring everywhere (except in your head) take a brief glance backwards in time to the beginning of this century. And though the automobile had been developed in the last half of the 19th century the country as a whole was not on wheels until about the time of World War I.

Leonardo as early as 1514 sketched a parachute and discussed the aerodynamic factors involved. But it was not until 1903 that the Wright Brothers were credited with making the first successful powered airplane flight. The airplane was a minor factor in WWI but it remained for Charles Lindbergh to pioneer the way for transoceanic flights in 1927. Then in 1969 the United States landed two (maybe more) astronauts on the Moon. The possibility of such a feat had previously been limited to the imagination of writers of science-fiction; (a nice phrase for stark raving psychotics).

Jules Verne wrote *From the Earth to the Moon* in 1865. H.G. Wells published *The War of the Worlds* in 1898 and *The First Man on the Moon* in 1901. Edison invented the electric light bulb in 1879 but as late as WWII many rural areas were still without electricity. A moment's reflection over the above figures, relating them to the thousands of millenia which preceded them in the history of the planet will give one a clue as to the speed with which Nature is suddenly accelerating her plans for the evolution of the race. (Put 11 bucks on the nose of Mother Nature). The time is at hand:

TO RECONCILE THE OPPOSITES
AND
EXTEND THE LIGHT

To throw off these clothes and these naked bones —to leave my emotions in the dust — to cast my mind into the darkness of space — burning my habits in the demon's fire. When this is done, falling blindly into the abyss — only then do I begin.



THIS IS BRAIN CHANGE WILLED HISTORICALLY KNOWN AS MAGICK



CHAPTER SIX

METHOD III

Again Method III is not meant to take the place of Method I or II, but is a further extension of the technique. This will take a little more time and you shouldn't try this until you have mastered and documented the effects of the other two methods.

STAND UP

Bend your knees slightly, not too much and let the top part of your body flop forward. Do not force it — just let it drop.

While you're in this position, use a five count breath. Five in, hold five, five out, hold five. Repeat this three times and slowly straighten yourself out. Repeat this sequence 08 times or more. When you're done, stand erect for a few moments with your eyes tightly shut. Become aware of any tension in your face, neck or shoulders. Mobilize these tensions by opening your mouth as wide as you can and distorting your face. Now close your mouth and continue on with these distortions. When you've done this for at least 5 minutes, bend your head back on your shoulders as far as you can, and start turning it from side to side. Some people might get nauseous at this point, so be prepared. If by some chance you desire to vomit go right ahead, since the gag reflex is marvelous for reducing deep body tension.

GETTING OUT OF YOUR HEAD

Sit down again and think about something which you are worried about. Get up again and pace around the room repeating the phrase, "Wh—ats go — ing to hap — pen to me," or some equivalent phrase

which expresses worry. Try not to numb yourself while you are doing this. If you feel silly that's fine, because your worry — ing is silly anyway. Now after five minutes sit down in your chair and think of something joyful. When you have it in mind get up and pace around the room repeating the phrase, "I love it," or some equivalent phrase expressing happiness or joy. When your five minutes are up, imitate laughter as well as you can, then tears, alternating these emotions for at least five minutes. When you are done lie down.

Clasp your hands over your chest, pull your knees up and roll yourself up as tight as you can in a ball, tensing every muscle. Hold this position for at least three minutes. Feel your restrictions, now expand, let go of your restriction, let go of everything. As you start to expand let out a shout such as AH! Become aware of your freedom. Repeat this a few times.

MEDITATE

Choose your mantram, or point of focus, and begin your meditation.

SUGGESTIONS

There are many ways to use these and the more advanced techniques. Do not become rigid in your experiments — yet remain diligent in your efforts. Some people do better by alternating levels, i.e. use Method I on Monday, II on Wednesday, and III on Saturday, then switch Methods and Days the following week. Others stay with one Method for one month and then switch to others. Be open with your experiments but always remain dedicated to the work. During these periods of experimentation, call yourself by different names, this will help separate the machine you from the emerging Self — the true Scientist of the LAB. If you have any difficulties or questions or wish to find out more information, please feel free to drop me a short note.

CHAPTER SIX AND ONE HALF

RESULTS



We are near the end of this work. By now you should have established your LAB. I suggest that you keep its location secret, since there are many "out there" who might think you're crazy if you don't act like a dopey robot. With proper security your LAB will be free of unwanted inter-fear-ence.

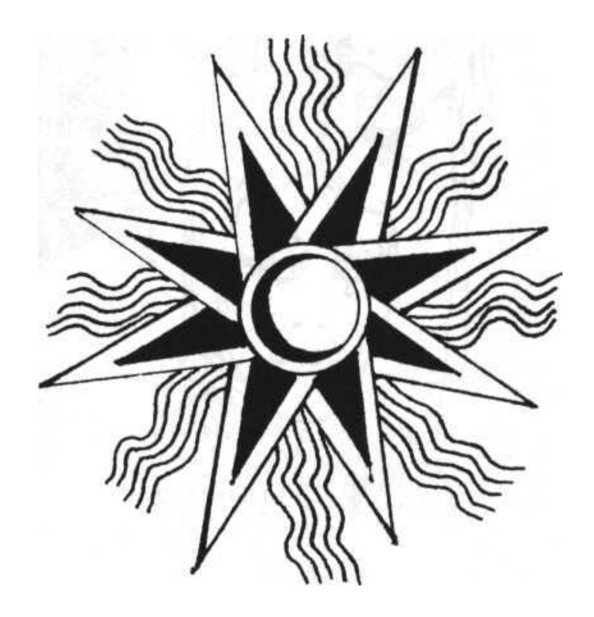
THERE IS NO NEED TO BE PARANOID



For those of you who can't wait for my next book in the Undoing Yourself Series, may I advise the study of Tantra Yoga, hypnosis, (see Steven Heller's *Monsters and Magical Sticks — There's No Such Thing As Hypnosis?)* **operant conditioning techniques, and Magic as elucidated by Israel Regardie's classic work** *The Complete Golden Dawn System of Magic,* **and if you're really brave Crowley's** *Gems From The Equinox,* **introduced by Israel Regardie. Of course the source for these books is——Falcon Press.**

If you still don't know who I was referring to in the LAB section, his name is Master Therion, or Aleister Crowley. We of the LAB are greatly indebted to the courage and genius of this HERO, who was unjustly degraded and vilified by SYMONDS and the Paul——ian Press — not that he was perfect — thank GOD — who needs a perfect hero? For a deeper understanding of A.C. read Israel Regardie's *Eye in the Triangle.*

SIRIUS OR OTHERWISE

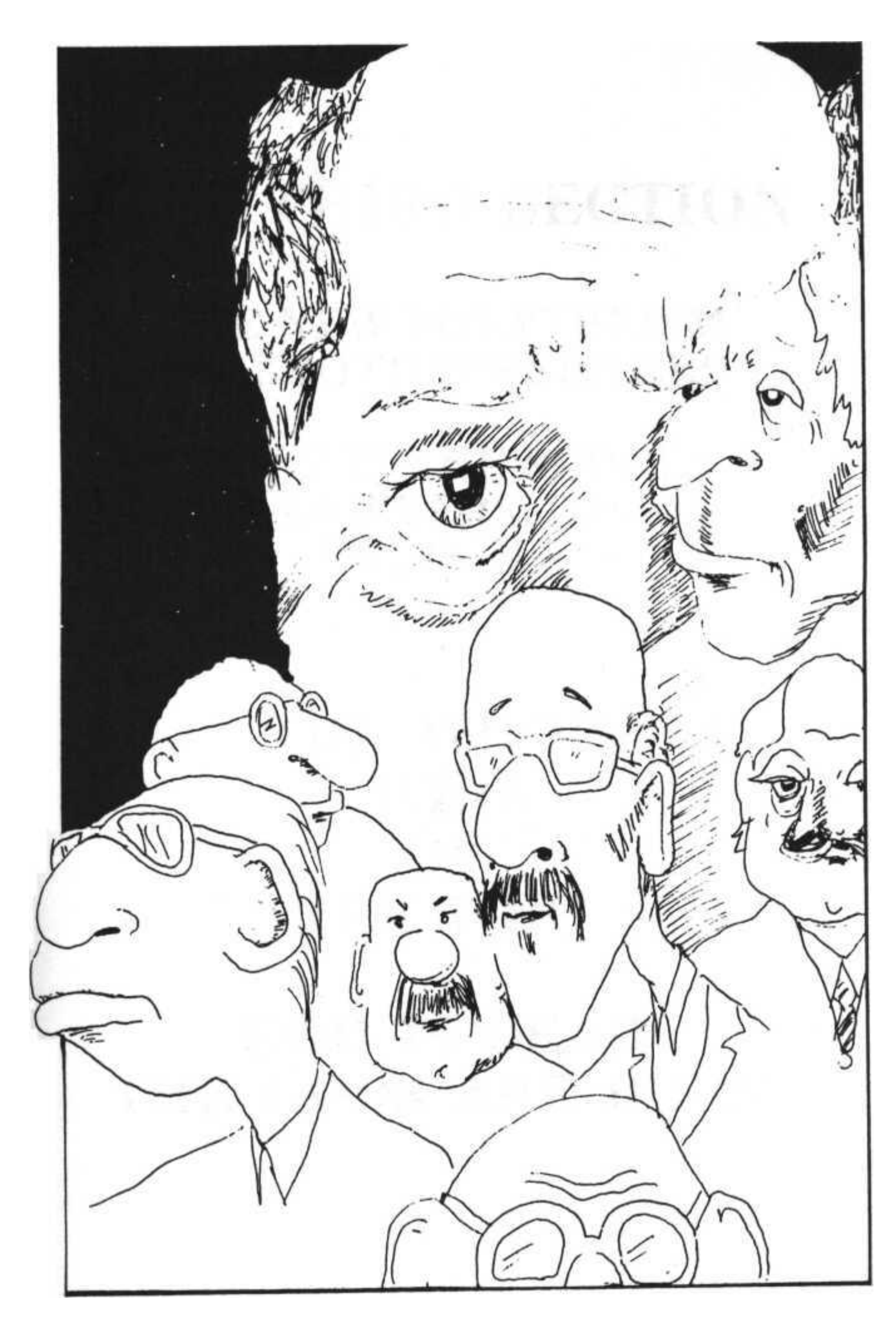


If you have not decided how to take this work and require a decision, take the work seriously, since certain sections were written with that intention. On the other hand, since most people do not change their life based on what they read, regard the whole thing as a joke on someone — you — me — the publishers — Crowley — or the book distributors.



For those STUDENTS who practice these techniques with dedication we believe that you will in fact become your own LAB and EXPERIMENTER, which if you haven't guessed yet means *Magick* or "Brain Change Willed."

The truth of Becoming more than HUMAN, the goal of all legitimate occult and psychological systems, is nothing more than becoming your own LAB and EXPERIMENTER, intentionally changing your brain and chemistry to meet your "desired" (TRUE WILL) ends.



THE THIRD SECTION

THE NEW POLYTHEISM
OF BROTHERS/SISTERS

WHAT IS THE SCORE?
TEN LAWYERS TO ONE
ENGINEER

THE WHO'S
WHO
OF
THE WHO

GOD IS DEAD
THE GODS ARE BORN

FUTANT MUTANTS
THE MANY IN THE ONE

Job Descriptions Below

If you resolved to study the obvious and the unique you may have just wandered onto the path of the Futant Mutant.

—CS. Hyatt, Ph.D. Zen Buddhist Priest,
The New Western School

Know Thy Self Is The Great Lie
Know Thy Selfs Is The Great Truths
Mono-Brain Vs. Poly-theistic Brains

Nietzsche said,

For the individual to set up his own ideal and derive from it his laws, his pleasures, and his rights that has perhaps been hitherto regarded as the most monstrous of all human aberrations, and as idolatry in itself; in fact, the few who have ventured to do this have always needed to apologize. It was the marvelous art and capacity for creating Gods, in polytheism, that this impulse was permitted to discharge itself, it was here that it became purified, perfected, and ennobled.

Monotheism, on the contrary, the rigid consequence of the doctrine of one normal human being, consequently the belief in a normal God, besides who there are only false, spurious Gods, has perhaps been the greatest danger of mankind in the past. In polytheism man's free-thinking and many-sided thinking has a prototype set up the power to create for himself new and individual eyes, always newer and more individualized.

When discussing monotheism is Nietzsche anticipating that our problem in being human is in fact the problem of the illusion of singularity? In particular, is our philosopher commenting on the idea of the One Self-One Body Illusion? Is he aware of the Buddhist idea of no-Self (impermanence—Dukkha—sorrow)?

Does he see the transformation of society occurring from a New Polytheism? A Sister/Brother Cult?

Has he performed an even greater leap and sensed that polytheism really correlates with multiple brain(s) models of the universes? Has he anticipated the notion that culturalization is simply the channel for a preference of a singular brain mode activity, like the overly-simplified right/left brain model? Is he saying that culture is merely a form of advanced toilet training?

Is his call that God is dead really the calls that the Gods are being born, that we are beginning to learn that the notion of an "I" is an illusion, a legal convention predicated on slavery, and not an existential fact?

Is he telling us that we are many brains and personalities and that the notion of split personalities as an illness is a lie, and the notion of one self is truly the dis-ease? Is he aware that much of our unnecessary pain is the result of trying to make all of us breathe as one?

Does he know that schizophrenia is really the result of not paying adequate attention to our multiplicity? Is its rigid attitude an attempt to unify, make a whole of something which is not a whole to begin with?

We will find out that Undoing Yourself is another phrase for "God Is Dead," the final obituary of stupidity, the end of the single brain—the single self—the freedom from restrictions, the new Nirvana(s). Undoing Yourself is the Religions of Sisters/Brothers.

As we examine the world of multiple brains and correlation matrices, we will be struck by the idea that the worlds and the personalities are not unitary, but instead are touching circles which forever change their centers as new and more dynamic INFO WARPS are added. In other words we are dealing with shifting centers and expanding peripheries.

Each human factor or brain function operates according to its own rules. Thus our sense of unity is simply a sense, a moment of integration. Our sense of wholeness comes about through living and exploring each fragment, without forcing a single principle onto the process. Thus in muddling toward enlightenments we begin to hear the voices of all the Gods and Goddesses, serving each in our own ways.

WHOEVER HAS THE ULTIMATE POWER TO DEFINE HAS THE ULTIMATE POWER

ALL SELF-FULFILLING PROPHECIES ARE SELF-FULFILLING

YOU CAN'T BE BORN AGAIN WHEN THERE IS NO YOU

In the book *The Intelligence Agents* by Timothy Leary, Ph.D. there still remains a piece entitled "Beware of Monotheism." This piece predates much of the work on the dangers of monotheism, whether it lies in the family, the corporation, the healing arts, the state, education, etc. What it does not emphasize is that monotheism is the PRIMARY FACTOR accounting for most human misery. For those familiar with factor analysis, Monotheism and its derivative, MonoMania, singular causality, etc. has the highest loading of any factor. It accounts for most of our behavior, values, ideas, confusions, misery, and feelings.

To quote:

> *Monotheism is the primitive religion which centers human consciousness on Hive Authority. There is One God and His Name is________(substitute Hive-Label).*
>
> *If there is only One God then there is no choice, no option, no selection of reality. There is only Submission or Heresy. The word Islam means 'submission'. The basic posture of Christianity is kneeling. Thy will be done.*
>
> *Monotheism therefore does no harm to hive-oriented terrestrials (Stages 10,11, and 12) who eagerly seek to lay-off responsibility on some Big Boss.* [Note: I disagree with Dr. Leary's notion of no-harm.]
>
> *Monotheism does profound mischief to those who are evolving to post-hive stages of reality. Advanced mutants (Stages 13-18) do make the discovery that 'All is One' as the realization dawns that, 'My Brain creates*

all the realities that I experience.' [Note: substitute 'brains' and All is still All.]

The discovery of Self is frightening because the novitiate possessor of the Automobile Body and the Automobile Brain must accept all the power that the hive religious attributed to the jealous Jehovah.

The First Commandment of all Monotheism is: I am the Lord, thy God: Thou shalt have no other Gods before me. All monotheisms are vengeful, aggressive, expansionist, intolerant...

It is the duty of a monotheist to destroy any competitive heresy. Concepts such as devil, hell, guilt, eternal damnation, sin, evil are fabrications by the hive to insure loyalty to Hive Central. All these doctrines are precisely designed to intimidate and crush individualism... [Note: the notion of many individuals is equivalent to polytheism.]

A WORD OF CAUTION

This book has been written for only 64 people. To reach them we have published and distributed this book throughout the world. I hope this act does not offend the 64.

DEATH AND STUPIDITY THE HISTORY OF MONOMANIA

There are two enemies which mankind may not recover from. Number one is Stupidity: I place this before the second, death, since the amelioration of stupidity is necessary before death can be conquered.

The DNA GODDESSES have us scheduled for a bright future. However, their scheduling is based on the law of discomfort. This law states that man usually does not embark on dangerous and difficult ventures unless he is motivated. Thus the wo/man of the hour, the consort of DNAs, are those who know how to use discomfort to discover great truths. Discomfort is simply the emergence of a new Goddess. It is birth of a new center which in time will become a periphery.

AIDS

Motivation is frequently pain, misery and fear. It is the Dukkha from which we all try to escape. AIDS is an example. This epidemic that could destroy us all has motivated Man to spend money, time and effort on research. It may even create a sense of world unity. Some, like the fundamentalists, believe that AIDS is a curse or punishment: however, it may turn out to be something like a reward.

Their view is singular and based on the ideations of monotheism—the one law)—a one brain function psycho-philosophy of cave dwellers.

Research on AIDS may help us see through the genetic window which may lead to immortality, the enemy of heaven/hell theorists.

POT LUCK

DNAs are designed to maintain status quo until the time is right for change. This relates to the notion of monotheism and Poly-Brain-Theism, the serving of the various Neuro-Gods. This happens by pot luck.

Pot luck occurs when apparently orderly systems proceed normally until they reach a critical point and become chaotic. A switch from brain focus 'A' to brain focus 'B'. In other words when we have taken a God to an extreme, chaos begins. At that point another Goddess emerges.

Chaos does not mean randomness in the normal sense of the word. What it means is that linear equations (monotheisms) are no longer operative and predictions based on them temporarily collapse. After a period of time of observing these "random" events, a new principle emerges. (Note: this idea is *not* similar to the 100th Monkey model which has now been discredited.)

Some scientists have used notions of "initial sensitivity" as a model to understand types of pot luck. In other words, a minor or even an unnoticed event in the beginning of an activity may show up near the end as a gigantic discrepancy. This applies to throwing dice as well as the quality of neonate which emerges from the womb.

THE MENTAL CROTCH OF POLY-CONSCIOUSNESS

Stupidity is the refusal to leave the present track, or re-interpret data that does not conform to the present linear model—the present Goddess.

Immortality would destroy much of OUR beliefs and allow us to break from the present linear model of monotheism.

The GODS are sending signals that some of us are ready for the changes that immortality and reduced stupidity would bring. Conclusion: Score: Genetic engineers 15, Lawyers 1.

At present immortality research is not a high priority for governments and groups who are possessed by notions of afterlife and have accepted death as a standard and in some cases a DESIRED standard. Our understanding of Death is based on our monotheism, the serving of One Slave God now and forever more.

THE NECESSARY MOTHERS

Necessity and pure curiosity are the mothers of poly-gods. The idea of womb and mothering are very important concepts. The births of the Gods follows an interesting pattern of:

THE URGE, THE FERTILIZATION, THE INCUBATION, THE GIVING BIRTH, THE NURTURING.

You will note that there are at least two convulsive-chaotic periods in this creative process. Also there are at least two waiting or boring periods, commonly known as routines. However, the entire process adds up to five and not four. In other words sleeping within each "completed state" there lurks the serpent of disruption.

WORLD UNREST IS THE RESULT OF A GRAND IDEA BEING BORN. THE TERROR MONOTHEISTS FEEL IS A BIRTH PANG

Ideas can be very painful to the creators. A new idea is the result of the dethroning of a reigning God.

WE ARE ALL HEXAGRAMS

I am looking for 64 brave human nervous systems who have the intelligence and resources to create an Undoing Yourself Vessel dedicated to research on personal and transpersonal problems from the point of view of sister/brother polytheism. Please send your resume at once! No Jokes! Score is Unknown.

THE MUDDLED CLASS
THE SCHIZOPHRENIA OF MONOTHEISM
THE ❑ 4 G'S ❑
ALL CLASS STRUCTURE DISSOLVES WITH MOTION

The middle class, or as I refer to them, the muddled class, are known by their life/death stance for the 4 G's. They are Gravity worship, Geography worship, Genetics worship, and Genius negative worship. The attentive reader will note the similarity between worship and warship. War is the result of worshipping the 4 G's.

The 4 G's or the ❑Box of Life❑ precedes the ❑✞❑Box of Death❑✞❑ by an unspecified number of years. Again note the 4's. The muddled class strives for the illusion of perfect ❑order❑.

The muddled class has the uncanny ability to turn hope into fear, potency into impotency. They are eternally perplexed in legitimizing everything through a process known as trance-duction. (See Steven Heller's *Monsters and Magical Sticks: There's No Such Thing As Hypnosis*, New Falcon, 1991).

Power needs are really the desire to serve. Sex is really love. Dogma and stupidity are personal preferences. Getting drunk is wine tasting. Ritual is spontaneity. Genetic selfishness—reproduction—is Planned Parenthood. Opinions are intuitions. A ❑box❑ is really a home. Intellectualism is wisdom. Confusion is intelligence. Sin is mental illness. Status seeking is good taste. Possessions are antiques.

One sure sign of muddle-dumb, is the need to make all diversity into ❑❑❑❑❑Unity❑❑❑❑❑. All uniqueness into

sameness. It is the philosophy of the One God. Score: Lawyers 14, Engineers 1.

THE FIRST TWO G'S EXPLAINED

The First G is Gravity: Weight and Mass: Density: The bearing of the weight of the One God. The muddled class measures itself by the amount of weight it has accumulated.

Weight is conventionally known as possessions. The measure of the worth of these possessions is the amount of dust they collect. It is the world of the Hoover and Pledge [I.E. & Allegiance].

Gravity is viewed economically as stability. That is, the more you weigh, the harder it is to move. Thus banks are willing to lend you more money to buy more things which in turn makes you more stable. This in turn makes you a better risk.

Location, in time/space, is a monotheistic gravity absolute which has dire economic consequences for those who wish to move around (Poly-neural philosophers).

Freedom to move about is a status symbol of both the wealthy and the wise. Score: Polytheists 23, Lawyers 0.

GEOGRAPHY

I use the term 'geography' (lines dividing time and space on a piece of paper) to refer to culture and psychology. Psycho-culture is the result of genes interacting with geography.

In a primitive sense, culture and psychology are territory. We act as if we are the primary creators of our personality, our attitudes, beliefs, and values.

Although gravity limits the types of cultures/psychologies we can have, there is a sufficient array to warrant the notion of psychoculture-god relativism. This notion has started an international conflict. Everyone is taking pride in their own personal brand of stupidity.

CULTURE IS SURELY FOR BACTERIA

Americans can eat oysters but shy away from snails. The French love snails but dislike locusts. Zulus munch on locust but avoid fish. Jews eat fish but avoid pork. Hindus eat pork but

worship beef. Russians love beef but hate snakes. Chinese devour snakes but not people.

The Jale of New Guinea find people delightful — to eat.

WARS ARE WARS BETWEEN SLAVES

All wars are wars between slaves. Each competing hoard of geoslaves believes that its form of slavery is better. A country by any other name is——a choice between serfdoms. Each bible is simply a slave's survival manual—a HOW TO book!

WHERE LIVES THE STRAIGHT LINE LURKS THE CURVES

One purpose of chaos, paradox, nonsense, and absurdity is to set itself against the linear world. These are not meant to take the place of linear knowledge or functions, but to act as a point of focus calling our attention and awareness to the something(s) which the linear model has missed, thus breathing new life into the predictable.

Further, our non-linear models help us to see old facts in new and exciting ways. If there is a summum bonum it lies in reformulation and utility in the service of tolerating more of the unknown. The function of Monotheism is to control the anxiety created by the unknown. Monotheism is a form of glue which attempts to hold an expanding world together.

However, to view these models as truths eternal leads to the possibility of destruction now facing us. For example, Veblen thought that it was easier for society to regress than advance. For Veblen, this regression might lead back to a society characterized by smallness, cooperation, peacefulness, and hard work, rather than the industrialized barbarism which he felt existed in his time (1857-1929). Many new-agers, agriculturalists, and religionists might favor this. I do not.

Ogburn felt that doctrine always lagged behind innovation. This idea may lead to pocket societies within a larger society. This is particularly true if knowledge and information are accelerating, as many believe. This is not entirely pessimistic, particularly if we all learn to let other people live in their own dogmas without having to reform them with violence. However, some dogmas feel that other dogmas are a danger and so feel justified

in acting violently. The answer: remove the police power from all dogmas and create a police force like the one in *The Day The Earth Stood Still.* Polytheism 10, Engineers 20, Lawyers 1.

Those of us who are trying to live outside popular dogmas appear to dogmatists to be more powerful than we believe. Most of modern day evangelism believes we are worthy of fighting against. We are a force to be dealt with. The Goddess(es) has made her move. However, the move is laden with danger and excitement. We have to begin to use our hearts and our heads.

The whole damn thing, remember, is about emancipation, not just for a race, but for the whole human race. We need to emancipate ourselves from our cultural givens, such as the bio-social man-dates concerning reproduction.

In this author's view reproduction is of the greatest concern, not just in terms of physical resources, but in terms of mental resources. We cannot afford to lose too many minds to the reproduction Wo/Man/date: Reproduce and Die. This has been the primary method-purpose of religions and societies, insuring the continuation of slaves-workers hypnotized into stupidity. However, the job is done. There are enough of us! The entire process of procreation and child-rearing needs a new twist. Take a turn into the future—go for quality and for-ever. The days of quantity, the sacrifices to the hungry God are dying. Let us bury it along with our bestial ideologies which are the property of the dead. Inherit information and wisdom!


A WOMAN JUST ISN'T FULFILLED UNTIL SHE HAS CHILDREN.
BABY ON BORED

ONE PART OF THE BRAINS IS ALWAYS AHEAD OF THE OTHERS

MODEL MASTERS THE INFINITE CORRELATION MATRICES

OEDIPUS SCHMEDIPUS AS LONG AS YOU LOVE YOUR MOTHER

THE THERAPY OF HYATT—COMPASSION AND DATA

Below is an elementary form of the subjective correlation matrix of a human brains, struggling with the Oedipus Myth. Dr. Freud, a new age computer programmer, was one of the first to have a glimpse into the correlation matrices of the brains. He used the free association technique to try to understand the connections.

THE EXPERIENCE: Young-brains/body is lying next to its caretaker, an older female-brains/body, known by the ideology as "mother". Young-brains/body, a male-younger-brains-body, is known in ideology as "baby". As the two year old baby lies and rubs next to mother there is a feeling of pleasure all over the brains/body including the area know ideologically as the sex-organs. The baby rubs more and more and experiences more and more sensation know ideologically as "pleasure". This is variable Y, sensation.

Variable X is female, caretaker, mother. Variable Z is situation, lying in bed, rubbing. Correlations for these variables are now at a theoretical = 1.00. Score: Life 100, Lawyers 0.

IDEOLOGY: The young brains(s) goes to church at the age of 7 years old and learns from an ideological hack that something called incest is evil. YB (young brains) has no idea what this means, except that the entire experience is associated with sitting still, being quiet, adulting, and loud noises. Quite complicated? Not at all! OK, I will go on.


YER STUPID
YER STUPID
YER STUPID
YER STUPID
YER STUPID
YER STUPID.
BUT MOMMY LOVES YOU UNCONDITIONALLY EVEN THOUGH YOU THINK YOU'RE SO SMART.

As a good primate YB attempts to imitate the adults, but as a good primate YB fails, and is chastised by the larger female caretaker (FB). Correlations are now mixed and varied.

At age ten YB is lying in bed with FB rubbing and enjoying when FB senses that something is wrong, and rejects the rubbing behavior. YB is in conflict since the correlation of 1 is losing ground. There is pain, loud noises which are associated with other loud noises. The adults are upset. YB is told that this type of behavior is no-longer appropriate. YB doesn't understand whether it is the feeling, the behavior, the situation or him which is unacceptable.

Scene switches back to church. This time YB gets a sense of what incest means: "pleasure with a member of your family". This has something to do with bodily pleasure. It is evil and you will go to hell. Numerous correlations have been established among these ideologies, experiences and conclusions. YB is now in conflict and searching for a solution which more often then not will be only partial and in error. He might think, "I am bad, I have a secret to keep, She knows, Does he (MB-father) know, does the preacher know?"

A state of anxiety ensues as previous correlations begin to break apart. The YB has a number of options of which I will mention just two. Compartmentalize the first experience, that is keep it separate from the other data and correlations, or integrate it, even though it makes no sense, into a predesigned ideology. Remember: whoever has the ultimate power to define, has the ultimate power.

One ideology that might work is that men are evil, he is man, therefore he is evil and he will do evil things which can be Undone by going to confession. This ideology allows him to keep some of the correlations intact, by simply accepting that he is inherently bad, should feel bad, and can ease the pain by performing certain rituals.

Evilness now becomes a factor. We might view a factor as something which accounts for the variability in the world. It might be called an explanatory construct, even though it is an ideological definition. Evilness is simply a garbage pail factor. A place to put things which terrify YB.

As time goes on YB matures, marries, and raises his own family, but suffers from various dis-eases such as ulcers. He decides to go to psychoanalysis for treatment. The analyst attempts to locate highly emotionally laden correlation matrices. After some time a set is found and the analyst helps YB face this set of correlations in terms of the analyst's ideology which might be that man struggles between good and evil, life and death, sex is pleasure, his wife is not his mother, he must not touch his daughters' sex organs, etc. YB feels better, his ulcer disappears and the analyst believes that his definitions, world view, and methods are validated. In other words YB's is socialized and the analyst's theories are redeemed.

Suffice it to say that our correlation matrices are complicated and interwoven not just conceptually, but emotionally, and sensorially. It is a difficult task to find them and re-correlate since our sense(s) of our self(s) is built on them.

UNDOING YOURSELF METHOD POLY—THEISTIC "THERAPIES"

I have developed a method combining energized meditation, computer analysis of language and sensorial preference, compassion, confrontation and a process known as 'empty out' to locate deep correlations which prevent individuals from actualizing their own true wills. These methods help to uncorrelate and re-correlate data which is now unproductive for making life work.

With our poly-theistic approach we begin to search for experiences, conclusions and ideologies which have been used to ❑crate❑ a world view. We begin to take them apart, creating a multiple world view. We search for conflict and false resolutions. We employ the sensorium, multiple brain methods and behavior to achieve a shift in the mono-maniacal model which causes the person unnecessary pain. We begin to locate and develop resources which are unknown productive correlations.

Information is always being correlated at multiple levels and requires an in-depth method to examine the processes and conclusions involved.

Our correlation matrices (CM) can be very useful if we learn how to access them. Dreams are one way, sensory deprivation another. A technique I employ with individuals working with restricted CMs is to temporarily deprive them of the use of one of their senses. This is especially useful with individuals who have correlated certain emotions with specific ritualized and feared behaviors. These individuals have been taught that emotions and thoughts are the same as behavior. They are from a neurologic point of view, but not from an external result point of view. In other words I can have an anxiety attack as a result of my thoughts and beliefs, but in fact the situation out there usually has many more options, than "my" restricted definition of it. In other words there is a sense of independence that we can create from our tacit assumptions which have created a false isomorphism between the inside and outside. I use a method called flip/flop which entails moving from emotion to thought to action and back again in an almost random fashion.

An important assumption underlying our polytheistic method is that feelings of inadequacy are signs that a person is still alive and has the potential to create a larger and more enjoyable CM. These feelings are not negative, but simply statements that the world is unpredictable, and will always remain so. Like the monotheism of religion or Hitler we can try to force a limited CM on the worlds in order to reduce our sense of uneasiness. However the result of this is obvious. Us 0, Lawyers 46.

Rather than feeling bad about our feelings of inadequacy we begin to realize that it is a sign of the unknown in life. It simply means that you are preparing to feel open to the unknown and that you can function without having to predict or create the future compulsively. Being open to discovery and newness always implies the feeling of inadequacy which is quite different from *being* inadequate or worthless.

Many of us spend much of our lives trying to control or prevent the unexpected. Individuals who take on challenges inherently accept the possibility of failure and their feelings of doubt and inadequacy. However, many of us have been taught that we need to build a totally organized and predictable world in order for us to Be OK.

THE NEW MYTH OF BROTHER/SISTER POLYTHEISM

According to some, the Isis, mother, monotheistic matriarchy, was replaced by the father, monotheistic Osiris patriarchy. Whether true or false, the image here is one of mono-mania, myopia and finally exhaustion. Not only should patriarchy and matriarchy die, but so should its underlying idea of monotheism.

Us 093, Lawyers 0.

The modern female cult supports the notion of the Great Mother consciousness replacing the sagging Father cult. However, I see no benefit in returning to a monotheistic matriarchy. I hold that the notion of monotheism, whether male or female is dead.

In one myth of the coming New Age, we are told that Horus, the Hawk Headed God will reign. I do not believe that his job is to rule but to simply Undo what has preceded him. He is simply one of the pantheon of Gods who will usher in the era of brother/sister polytheism. In other words the human race may have grown up enough to try a brother/sister religions replacing the monotheism of the Mother/Father religions of the past 5000 years. I believe that the implications of a brother/sister polytheism will allow us to free ourselves from the domination of both Mother and Father security and worship. No longer will we lose our individuality to the male/violent structure of blind slavery to dumb authority. We will become diverse in the sense of being authoritative, serving truths and data and not simply the One God-Brain. This is my vision and to its end I have dedicated my life.

Sister/Brother will manifest themselves in new and divergent fashions, each and both modifying our visions of ourselves and the world. However, it appears to me that Horus the Hawk-Headed God must first have his say. That is, his violence is really in the service of a euthanasia, a mercy killing of not only Father and Mother, but of MONOTHEISM itself.

MOVING ON

As we are Undone, we must begin to ask—What Next? This answer is Making Life Work. When we are Undone it is time to re-organize our humanness, our unique irreplaceable responses to life. Now imperfect again, we are free to use our imperfection as an opportunity to change and grow with compassion and severity, with hearts and minds, becoming each Brothers/Sisters to all.

Conclusion: There is no need to keep score!

UNDOING YOURSELF
AN AFTERWORD
BY ANTERO ALLI

UNDOING YOURSELF is written with the force of a "madman" and the precision of a brain surgeon, so it goes without saying that this is a dangerous book. It is dangerous because it is ALIVE and anything truly alive is a threat to THE UNLIVING, who are now forming the FUTURE FURNITURE BUYERS OF AMERICA to render contagious the psychic disease of Terminal Complacency. In this sense, Dr. Hyatt has entered the Front Lines as an exterminating agent in the newest, most advanced Germ Warfare of all...battling the virus of the rapidly expanding fundamentalist mentality. This lurid, insidious plague drifts through the very air we breathe...changing forms... from the insipid New Age Cosmic Fu Foo Movement to the Last Gasp Desperation of the Moral Majority and on into the Hard, Cold World of Government-funded Science Projects. Quite fortunately for all concerned, Hyatt's secret weapon is not so secret at all...it's funny. His artillery of blistering humor is often enough to blow your ship right out of the water.

Having spent considerable time with Dr. Hyatt personally, I can attest that he is absolutely "crazed". He is also brilliant and one of the more compassionate men I've met. This book is a secret neurological autobiography as it effectively transmits his essence in real life. He writes as he speaks and he speaks as he thinks. He also does what he says. That alone is worth the price of Admission into The Hyatt Theatre. Some people think he's one of the notorious Secret Chiefs, whose astral prowess has enabled him to walk through walls and see what goes on behind closed doors. I don't know what to think, so, I don't. Instead, when I want a good dose of UNDOING I visit Dr. Hyatt for a "shock treatment". For those who have not found his office, his number has been unlisted for some Very Good Reasons.

This book should not be sold without a prescription from your local shaman priest and/or a written note from your mother. Should you be out of touch with either one, order it direct from

New Falcon Publications because not every bookstore will carry it. WHY? (Reread the first two sentences of this article.)

UNDOING is Hyatt's forte. The presentation of this book has been strategically executed to dis-man-tle your pretenses, piss you off and direct you down the hall to the Laboratory. I found his Chakra Therapy treatment especially helpful to my own growing knowledge in the Art of Falling Apart, (see my book *Angel Tech,* New Falcon Publications) an indispensable skill for "creative types" learning to take responsibility for their own destruction. As Greg Hill put it in his underground classic, *Principia Discordia* (paraphrased), "there are two forms of destruction: 1) Destructive Destruction and 2) Creative Destruction." As a Quick-Decay Artist, I prefer the latter style of personal dissolution during times of excessive rigidity often resulting from abnormal self-emphasis. It seems that highly creative individuals tend to calcify quicker than Homo Normalis due to their penchant for falling in love with their self-created structures. Unless we are as awake as children, we forget we were pretending and become the things we imagine—statues—frozen parodies of who we used to be.

"Dr. Hyatt to the operating room... Dr. Hyatt..."

I recommend this book to Children Everywhere—the Child Within and those who have not slipped into the Great Unwashed Tub of Runny Shit. These people are the Hope of the West. I suggest this book to people with Drug Problems (alcohol, downers, uppers) as an alternative route to killing themselves. You may die laughing but no matter how you look at it, birth hurts and we must die to be reborn. So choose your poison mate! I reluctantly refer this book to the vast majority currently suffering from Terminal Mellowness, be it the New Age Human Potentialists or the Languid, Pot-Bellied Televisionaries. Use this book as a firecracker suppository, light the fuse and bend over. I do not recommend, suggest or refer this book to anybody else—it's too dangerous and who's going to clean up the mess?

"Can I Go Now, Dr. Hyatt?"
"OK Antero, don't fly too close to the sun."

Antero Alii, Author—*Angel Tech*
Boulder, Colorado

Chapter Seven

WHO IS DR. HYATT? NOW!

This short piece is an essential response to those individuals who claim that I do not exist or that I am a charlatan or quack.

My authority comes from desire, whim, quirks of fate and ***of course*** from legitimate agencies. These agencies are defined as those groups currently in power and whose crimes are at least 30 years old and thus forgotten. These include my parents, the state, the universities, my professors, gurus and all those who survived all the wars which led to my birth.

It is important to remember that what might be legitimate today could prove to be quackery tomorrow, and conversely. Be on guard, stay tuned to your favorite channel.

For those who wish a formal resume please send a self addressed envelope and twenty dollars in cash.

If you want to know more read on, if not turn to the next set of exercises.

Beware! What You Are About To Read Is The Truth

If you look into the eye of the Buddha be prepared to find everything, and at ONCE nothing.

As a young man I left home and wandered. Everywhere I went I found the same thing, NOTHING and EVERYTHING.

Humans moving around, each propelled by something unknowable to them, each going in a direction Unique in that person's experience.

At 16 I didn't realize that I lived within the walls of my mind, responding to its creations, as if it had reality beyond its own methods.

Once a policeman stopped me at 1:00 am or so and asked me who I was and what I was doing. I gave him a piece of paper.

On it were scribbles, seals and numbers. At Once he knew who I was, and At Once I knew too. He answered the second question of WHAT, by stating that I was loitering. For the first time in my life I knew everything.

This was a rare and unique experience for a 17 year old. To Know Who I was and What I was doing. He asked me a third question, "Where are you going?" I pointed to an all night coffee shop. I now knew that also and my exhilaration grew.

Finally, he asked, "Why are you out so late?" I replied that I didn't know and my world fell apart. From knowing everything to knowing nothing. He told me to go home, that I was too young to be out so late. I agreed and moved on, not telling him that I had no home.

I felt sorry for myself, but I had tasted the truth and from that moment on my life changed.

When the sun came up I found myself on the beach sleeping in the sand. My head pounded, the residue of cheap wine rushing through me. I looked at my clothes. They were dirty, wrinkled, with spots of blood. It didn't take long for me to remember where the blood came from. The terror put an end to my headache. It was from my friend who earlier that night had a knife fight with a fellow marine over a piece of pizza. I didn't know whose blood it was. I was lucky that it happened after the police incident. My mind ran wild with the possibilities of what would have happened if it occurred before. I imagined the hard time, the crushing of any hope of getting out of the ghetto. But it didn't happen that way. I calmed down, and my headache resumed. I asked myself, "Who is in charge here?" I gave myself an answer. I seemed satisfied.

I reached into my pocket and found my comb and a crushed "bennie".

It was getting warm. I took off my shirt and started walking toward the head. I felt sick and tense but I knew that within a few moments the tension would be gone. My stomach and bladder empty also emptied my mind. The thoughts stopped and with them my emotions.

I splashed some water on my face and combed my hair again. It was Sunday and very quiet. I had about 13 hours left before I had to return. The bennie kicked in and I felt in control.

Returning to Hollywood I found my friends eating breakfast at the coffee shop. We began to plan out the day. Our goal was to score. Each of us had our own idea of what that meant. It could have been sex, money, booze, drugs, a free lunch, a party, a ride in a new car. We all acted confident that we wouldn't have to spend the rest of the day on the street. As usual, things just happened. An event, a person or just time would change everything. This time three of us spent the day with some girls and booze on the beach. Next time who knows, a fight, an arrest, or just sore feet.

Three years passed and I had directed myself into marriage and fatherhood. I was surprised how I reacted to the whole thing. I was scared, yet no one had told me of that possibility. I wondered why.

With all the experiences I had had, and with all the lectures I was subjected to, no one told me that I might be scared of marriage and fatherhood. It seemed like everything else: thoughts, feelings, and reactions which No One had told me about. Was I mad? No answers, just anxiety, arguments. Where did all of this come from?

All that I experienced I didn't want or desire. I do not even believe I wanted to be married or to be a father, but I was.

I was living with two strangers, one called my wife and the other called my son. My wife had a family and they were my in-laws. It all seemed strange to me. Who were these people? Well, she is my wife, he is my son and they are my in-laws was the answer. I was content with that answer. Yet I felt that they were all strangers. No one seemed to know anyone. Each had a label and with that came reaction, responses and duties. I asked myself who these duties benefited. I could come up with no answers. Everyone appeared content and seemed to know what to do next except me. I felt strange, artificial, and trapped.

Although I didn't know what to do next, somehow I did things. Some of these things were applauded, others were scorned, but most of them went unnoticed.

I bought a kitten. She didn't like it. One day it landed on the head of my son and scratched him. She took it to the vet to have its claws removed and I never saw it again. She told me that it

died during the operation. I felt angry and hurt. She was disappointed in me. I didn't do something that was right.

We had a terrible fight and I got in my car and started driving. At 3:00 am or so the police stopped me and asked me the same questions again. I showed them a different piece of paper this time and gave them some new answers. They seemed satisfied and I was happy. For the first time in four years, I knew what I was doing and who I was.

I came home and beat her up. We moved and later I was divorced. I didn't know how it all happened. I thought, "everyone but me understood." Well, it did seem that way. Lawyers were yelling, she was crying, her family was mad, and I was scared. Anyway I was handed a few pieces of paper. I stared at them and felt confused. My lawyer asked me what was wrong. I told him that I didn't understand. He replied that the papers said that I was divorced. It was all over. I stared at the papers. He told me to keep them in a safe place. I started a file. I found other papers which I could put in it.

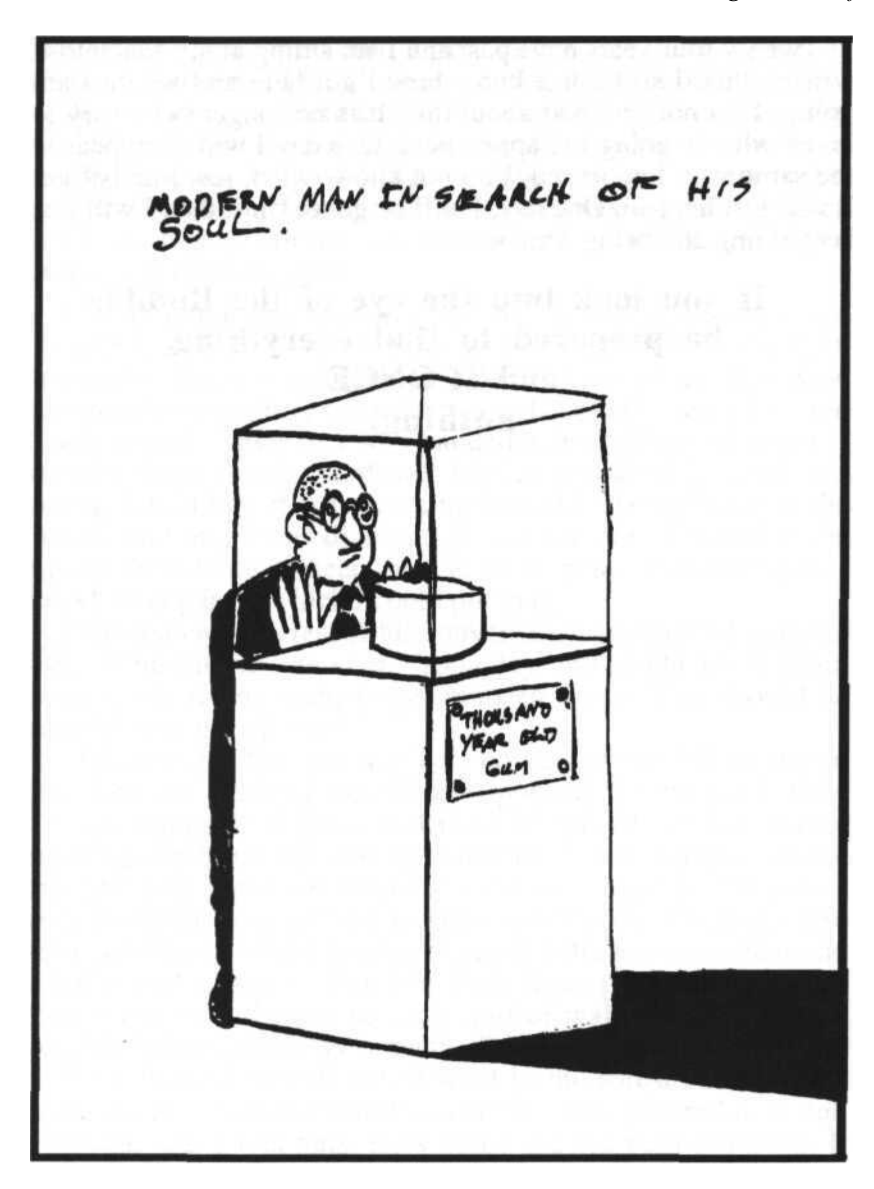
I remembered the rest of his conversation as I fiddled with the file. "Who knows" he said, "someday you might need them, particularly if you want to get married again. You should be grateful, you got off easy."

I felt strange. The question kept coming at me. "Who owned me. Who did I belong too. What happened, Where am I, Why did this happen?" I knew that none of this or for that matter anything else in my life was my intention. In fact my life was not my intention. I did not desire it. I did not create it. Yet here I was. Everyone else seemed to know what to do. Everyone else seemed to know where they were going. I did have a mother and a father and a family. But who were these people. Where did they come from. I must be some sort of malcontent, a mis-fit, yes. My father did call me a misfit. That's it, I am a mis-fit.

Who planned this all out? I went to the forest and sat on a rock. The answer came that it was the Sea, that planned it all out. I thought that I was nuts. How could the sea plan anything. It had to be God who planned it all out. Yes, it was God. I was just following God's plan. I thought that if that was so He had to be nuts.

Twenty four years have past and I am sitting at my Macintosh writing this. I still don't know how I got here and where I am going. I do not feel bad about this. It is no longer necessary to know what is going to happen next. One day I will disappear in the same way I appeared. I do not know when, just like before. It will just happen. One day, I will be gone. Until then I will just keep doing and being done to.

If you look into the eye of the Buddha
be prepared to find everything,
and at ONCE
nothing.


MODERN MAN IN SEARCH OF HIS SOUL.
THOUSAND YEAR OLD GUM

Chapter Eight

THE *MAGICKAL* LIFE

THE GODDESS OF THE NEW AEON HAS A NAME

AND IT'S

DOIT



To Believe that the origin of the Plant is the Flower is to believe that the rational mind is the origin of life



Magick Is US "Saith the Lord"

We just appear, as we will disappear.

At first our entire survival depends on the unknown, the ground of life. It is completely magickal.

As we mature we are trained in conventional "wisdom" and rationality. These timely and untimely fictions become woven into the social fabric which remain intact until another civilization displaces the present one. We mistake the observer, the critical thinker, for the creator of life. When this reaches an extreme, the real owner comes in and destroys the intruder. This is now about to happen. Those individuals, groups and civilizations which are more in contact with the roots of the blossom, are becoming the new owners of planet Earth. Before I become too confident and lead the reader too far astray, let me add this: the person or group connected with the root of magick is the emerging owner of the future. The inheritors of the future are not those who are impulsive nor those who have identified the rational process as their God. I am equally frightened of both groups. The impulsive ones who believe that they are in contact, when in fact they are acting out compulsions which have resulted from being out of contact with the source as well as the flower.

Do not identify the flower of mankind with its roots, nor cut off the flower denying its root. Both games are deadly.

MAGICK IS THE GROUND OF LIFE

Good luck at the Movies Fellow!

Beneath all of this NON-SENSE is the *SENSE* that our source is Magickal.

To live in the magickal is to live in spontaneous ritual. The roots are wildly seeking to express everything including ORDER.

Man demands enchantment, the unexpected. The Chaotic potential of life manifests itself through ritual and ceremony only to the point that they remain committed to the unexpected.

What is unexpected in man and life is the essence of his existence. From the Void stems the force to conquer that which thwarts man's will to dominate himself, yet he MUST ALWAYS remain vulnerable to the unexpected.

WHAT THIS CALLS FOR IS A NEW RELIGION, NOT ONE BASED SIMPLY ON NORMAL INSTINCT BUT ONE BASED ON THE WILL TO LIFE ITSELF

THIS RELIGION IS BASED ON THE DOGMA OF THE PURE ACT OF TRANSCENDENCE FOR ITS OWN SAKE

WHAT THIS MEANS IS MORE CONTROL AND MORE VULNERABILITY TO WHAT CAN NOT BE CONTROLLED

THE NEW RELIGION IS MAGICK WHICH DEMANDS ACTIVE WORSHIP OF BOTH ORDER AND CHAOS

THIS MEANS THAT ONCE WE TRANSCEND ***DEATH AN ENTIRE NEW DIMENSION OF REALITY AND CHALLENGE WILL BE OURS.***

WE ARE THE NEW GODS AND ALWAYS HAVE BEEN

OUR SECRET WEAPON IS WORK AND THE GODDESS' NAME IS

DOIT

WORK WHICH RELEASES THE HIGHEST INTENSITY OF BIO-SPIRITUAL ENERGY IS MAGICKAL

TO PERFORM MAGICK MEANS TO GATHER GREAT AMOUNTS OF PSYCHO-EMOTIVE-BIO-CHEMICAL ENERGY TO A POINT AND DIRECT IT AT WILL



Ritual is the tying together of things, emotions, events and environments through the process of spontaneous imagination with the WILL TO MANIFEST.

When ritual is properly used, we step out of normal time and enter the world of CONSEQUENCE.

However, the agencies of civilization have a much better idea of how to use ritual than 99% of those groups and individuals who claim to have the knowledge. For example, we know of one "magical order" whose ritualistic performances are made ultimately absurd by their obese leader's attempts to fly around the Temple in robes,

TRUE RITUAL
Is LIVING
at its highest
Intensity

To LIVE at the highest means to LIVE in the Power of moments.

Power in moments is beyond rational and scientific explanation andprediction.

Explanation kills real magickal life, yet it creates a power of a different kind.

RITUAL CAN BE THE ULTIMATE MOMENT — THE CHALLENGE OF LIFE

MOMENTS OF GREAT INTENSITY
DEMAND FOLLOW THROUGH

BUT THE FOLLOW THROUGH IS NOT THE MOMENT OF INTENSITY

This new power is devoid of the quality which gave rise to it in the first place.



True life is MAGICKAL.

MAGICK is DESIRE

AXIOM 1400:
Desire or Primal Urge is the Origin and LUST for the manifestation of LIFE as we know it, also known as CHAOS.

AXIOM 156:
The ***frustration of Desire*** at its most primal level stimulates the development of the faculties of persistence and reason. At this level we are touching upon the ideas of a future. It is the planning aspect, the deliberate activity of a sequence of acts leading to goals and ideals. It is the Mother of formal philosophy and science.

Frustration simply develops more Power.

Magick Is At The Base
THE REST IS THE STATUE

The apparent urgency of the goals and ideals which have evolved from the frustration of the primal impulse often require the abandonment of the belief of the true FORCE which lies behind our organized pursuits. We do not like to see our sand castles destroyed and yet each of them WILL. There are no Lawyers or LAWS in the Heart of CHAOS.

In spite of the disappointment of those who wish to CURE LIFE, CHAOTIC DESIRE will LIVE on to generate new and different life FORMS.


HEY GUYS! DON'T BE CROSS! IT'S ALL IN FUN.
AND DON'T YOU KIDS FORGET THE CONDOMS!

Magick gets its bad name from the Children which it spawns: Religion, Reason, Common Sense, Science and Philosophy

THEY ARE UNGRATEFUL SOULS.

The Children desire a power independent of their roots. They attempt to negate the willfullness of Desire with a form of their own willfullness.

MAGICK IS BEYOND OBEDIENCE TO ANYTHING BUT ITSELF
THEREFORE THE NOTION OF OBEDIENCE IS ITSELF ABSURD.

From impulsive DESIRE we are born, but from CONVENTION we Die. This is a magickal formula which only the highest of all initiates understand.

MAGICK becomes DOUBLY powerful when IT is guided by WILL.

This does not mean that rationality and convention take the PLACE of DESIRE, but are used as a MEANS to allow DESIRE to know its most SUBLIME ENDS.

MAGICK is Not Meaning, nor is it the SEARCH for MEANING.

THE SEARCH FOR MEANING IS NOTHING BUT THE TERROR OF MIDDLE CLASS ACADEMICS AND SOPHOMORONIC GRADUATE STUDENTS

MEANING CAN ONLY BE MADE AFTER YOU HAVE DESTROYED THE SEARCH FOR MEANING ITSELF

Looking for meaning is an illusion of reason AND A REQUIREMENT OF THE MIDDLE CLASS for predictable breeding space.

This banal quest for Meaning is one of the most dangerous pitfalls as it frequently leads to new INTELLECTUALIZED DOGMA. An example of this is that the use of logic appears to have created a God called "consistency". Academics, newscasters, politicians, religionists and almost everyone else worship at this beast's feet. The problem with the God Consistency is that it is Inconsistent with the nature and structure of living breathing organisms.

DESIRE requires no meaning. DESIRE is the LIVING EXPERIENCE of the moment, yet as humans we cannot tolerate it for too long, and yet at the same time deeply YEARN for it.

ONLY FOOLS BELIEVE THAT WHAT IS TRANSCENDED IS MORE IMPORTANT THAN THE ACT OF TRANSCENDENCE ITSELF

Philosophies and religions tease us with hints of this truth, and getting us hooked, then ignore the real issue and enslave us with sin (our failure to transcend the specifics they define). IN OTHER WORDS, IT MAKES NO DIFFERENCE WHAT YOU TRANSCEND. *IT IS THE ACT ITSELF WHICH MATTERS.*

If you understand this, all morality, religion and philosophy will melt away before your eyes. HAWK ALERT!!!!! Be on guard. "Well, Dr. Hyatt, you mean man doesn't need morality??" "What I do know sir, is that man is more preoccupied with the IDEA of morality than with the acts of 'morality' themselves."

We are the only species on this planet capable of transcending CERTAIN aspects of ourselves. YET this does not and can not mean that reason and convention are the only fruits of transcendence.

Transcendence is one of the most misunderstood concepts.

Transcendence itself springs from MAGICK. It Evolves from CHAOS AND DESIRE.

TRANSCENDENCE is not concerned with WHAT IS TRANSCENDED, as long as the Mind and Will can transcend *SOMETHING.*

HOW to Transcend is the issue, not what is transcended. If you understand this you understand all religions. If you understand this you know the meaning of all thou shalts and all thou shall nots.

This AMORAL QUALITY OF TRANSCENDENCE horrifies middle class breeders.

From this we can begin to see that neither religion nor science or anything else can ever take the place of magick. Such attempts will only lead to a new and more chaotic eruption.

<LIFE CAN NOT BE CURED>
AND
HUMPTY DUMPTY
DOES NOT WANT TO BE PUT BACK
TOGETHER AGAIN

The most WE can do is refine and enhance MAGICK through conscious participation. This will require a re-immersion into the dark abyss within ourselves.

We must learn to feed CHAOS willfully.

Magickisfundamantallybeyond WHAT is Transcended

We can help ourselves by remembering that the Great Mother simply desires to manifest herself, regardless of how appalling we might find it.

Thus MAGICK is not the same as an Instinct. While magick is primal it is not instinct in the same way that something is an instinct for an animal or a human.

Magick is the amoral origin, the sense and feeling of the Power for all aspects of Life itself.

Thus if it is instinctual, it is both the Mother and Father of all instincts.

Without Magick we lose the experience of life and living. This is the stage of civilization which we are NOW IN. This is ANOTHER crucial turning point for the species man.

PSYCHIATRY SCOFFS AT ITS PARENT

Magick is frequently understood as primary process. Often it is associated with infantile attitudes and behavior and sometimes with Insanity. The truth of this statement is simple. Most people involved with magick know nothing about it.

From the point of view of order and predictability, the goal of civilization is DEATH. Magick is Chaos and knows no human goals.

MAGICK IS CHAOS TO THE CIVILIZED MIND

Dr. Freud saw the primary process as dangerous to the development and maintenance of civilization. He focused on the development of the secondary process (rationality, logic, values, conformity). He thus gave "scientific credibility" to religion's

and society's distrust of the Primal Force. Psychiatry's and civilization's attitude toward Primary process is similar to the Church's belief in Original Sin.

This popular mis-use of Freudian insight is essential for the DOGMA dealers, who simply wish to tame chaos so they can predict trends of consumption patterns and determine insurance premiums.

Even this is understandable from the point of view of Magick itself, (since it is a manifestation of the Will to Power simply for its own 'pleasure'), but this does not mean that you must play a part.

Anything goes in the house of mirrors.

The fearsome quality associated with The Magickal Process occurs when rationality and civilization attempt to destroy it.

In other words, the awe-ful-ness of Life is the simple result of not recognizing the right of the Magickal process to live and function although—and this is very important—AWE-FULL-NESS will always be a part of LIFE NO MATTER WHAT WE DO. You can not plug up the DYKE. It is made with HOLES.

AWE-FULL-NESS is a human conclusion, a value, something which the WILL TO LIFE doesn't recognize.

In the end, this civilization will be destroyed not because of the Magickal process, (Original Sin, Primary Process, Disobedience) but because of civilization's attempts to Destroy — ***MAGICK.*** This is the inherent inter-play of the Goddess, Create/Destroy.

Without Magick there is no Life. With nothing but Magick there is no advancement in what man living.

MAGICK IS US

AND

DON'T YOU FORGET

IT

DOIT

NOW!

Chapter Nine

THE ORDER OF THE WHITE LION[1]

THE SEEDS OF A NEW TANTRIC ORDER?

FACT OR FICTION? AND WHAT DIFFERENCE DOES IT MAKE?

The essence of this story was revealed to me in 1965 by an elderly woman (from the South) who claimed to be an adept of an ancient secret order which was somehow linked with the Golden Dawn. I worked with her for approximately 9 months at which time she disappeared. Her personal handmade Tarot deck had a White Lion on the Strength Card which made a very strong impression on me. She told me that the symbol of the White Lion had major significance for me as well as for the future of mankind. What follows is a present day offering of that information.

The Order of the White Lion (OWL) was said to be due to emerge prior to 2005. However, it will establish its roots sometime in the late 1980's and early 90's as an offshoot of the Original Order of the Knights Templar. The acronym OWL is no simple coincidence: it relates to Horus, the Hawk Headed God of the emerging Aeon, which was transmitted to Crowley in 1904.

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[1]The Order of the White Lion has nothing to do with any rock group which uses the name to represent itself or its music. In fact the Heads of the Order (if they existed) would be horrified at this possibility, as the Order doesn't concern itself with the fantasies of Instant Breast. (The Instant Breast represents a 60's fantasy, first created by Dr. Spock. It concerns itself with instant gratification as well as with no competition, no frustration or struggle for life. It evolved into notions of mystical equality where all individual differences would be summed and a golden mean established. Further this concept—best represented by early communism, and still embraced in the Christian West—is being abandoned elsewhere. However, it is important to remember that Instant Breast was a counter proposal to male authoritarianism, but Instant Breast is still a symbol of the Patriarchy.

As many know, the Knights Templar were involved with the Saracen fraternity of the Hashish-Takers. One of the original purposes of the Knights (before the Inquisition when the Powerful Church wrenched them away from the service of the 'Lady' and coerced them to fight for the Church), was to aid and uphold the feminine goddess, which included the practice of a secret form of Tantra. This spiritual quest was degraded by the Church's attempt to remove the power of the Goddess by making her the mother of God, and relegating her to a secondary position. The idea of reducing the female to insignificance can be seen in this quote by a silversmith in Acts 19:26-27 "...this man Paul has persuaded and converted a great number of people with his argument that gods made by hand are not gods at all. This threatens not only to discredit our trade, but also to reduce the sanctuary of the great goddess Diana to unimportance. It could end up by taking away all the prestige of a goddess venerated all over Asia, yes, and everywhere in the civilized world."

The romantic tales of Lancelot, Parsifal, Galahad, etc. also enhanced the image of the helpless female which held great masculine appeal and does so even today, particularly in the South. The greatest danger to a budding Goddess is always a gentleman. (See Note 1 below.)

The Christian movement was instrumental in projecting all these negative qualities on the female. She became the scapegoat for the male's inability to integrate and cope with his own darkness. (See Note 2 below.)

In the Christian world, darkness takes away from the image of God, rather than "adding" to it, and as such, its existence must be accounted for by division and isolation.

The Lion was often a symbol of the sun god for the Greeks and the Romans, however, in other places it was associated with images of the Great Goddess, such as Astarte, Cybele, Ishtar and Hathor all of whom rode or drove lions and often appeared in the form of a lioness or lion-headed female. Her many names have been associated with both Power and the practice of Tantra. (Look at the Strength Card in the Tarot. Why does it appear that a female is controlling the Jaws of the Lion?)

The Goddesses of the Lion were law givers, creators of cities, the mothers of both the Gods and men, the fierce destroyers of obsolete civilizations and the human race. It has been noted that in a conversation with Ra, She replied to his request to stop slaying mankind by saying, "when I slay men my heart rejoices." However, through Her grace man was also allowed to learn about the nature of the Gods. (See Note 3 Below).

The West borrowed her power and force and of course attributed it to such images as King Richard, the Lion Hearted, King Arthur and many others.

The symbol of White must not be associated with ideas of Christian purity and virginity. White has nothing to do with such infantile and hysterical fantasies. The best I can make of the idea of White is that it represents an idea which is difficult to convey by words and concepts. White light is undifferentiated. It is the origin, as the Tree of Life intimates of the completely unknowable qualities of Nuit, manifested in Kether, the first point of reference which man can even begin to cope with.

The development of OWL as a living Order would emerge after the major thrust of the feminist movement "failed". The original movement was to be the basis of the re-emergence of the feminine as a powerful force in the universe, however it was deeply contaminated by the influence of the Male Gods, no doubt a contributory factor in its failure.

First the psychology of the patriarchal identification of the feminine has to be altered. This means that the feminine can not find its true roots by imitating western patriarchal consciousness. As many will note, what woman wanted she didn't get. The stone tablets of Moses cracked just enough to encircle her in the charms and trappings of the paternal system.

The Order of the White Lion's purpose will be to help usher in the New Aeon by establishing a group of leaders and supporters who will help the Goddess emerge in totally unexpected ways.

The Order will establish fellowships of older males and females (brothers and sisters) which will practice the ancient arts. More importantly it will be involved in training younger females as Scientists, Inventors, Artists, who through their creative

genius would help replace the arthritic patriarchy as painlessly as nature will allow.

These new women would come from all classes. They will have an exceptional IQ. The purpose of the Order will be to save as many of them and their children as possible from being absorbed into the reproduction bias, wild man-hating, and the patriarchal prison of glitter and 'YUP-STATUS-SEEKERS'.

Their training will encompass "mind/body" (which we are now seeing in early form, as "hard-body") and MIND SHAPING which the mad Dr. Hyatt is busily developing. (See the section on Devotional Sexuality as one simple example).

Those that are the most able will be trained in ancient and modern thinking, science and art. They will be taught to respect and revere their own sexuality without the image of being demanding harpies.

Training will be vigorous and only the best suited for the task will complete the entire course.

The above myth of such an Order is an ancient one. However, it is only now in the latter part of the 20th century that women have enough apparent freedom to undertake such a difficult and profound journey. (See Note 4 Below.)

Of course much UNDOING will be necessary to prepare the new Goddess, and much of it will be done by middle age and older males, and by those females who have had more experience with the patriarchal deceits, lies and paraphernalia. Some of these males may be considered "failures" themselves, but this is how they will utilize what they learned about the true nature of the system.

The elitist female myth is exploited in numerous James Bond stories where superior women are both adversaries and helpers of Bond. In time they submit to his superior male powers and fall from their throne. In other words, it was the female's dedication and devotional quality which was exploited and which caused her to fall and become the slave of man. This is intentional since this is the quality that the patriarchy most fears about women. Why might this be? One of the great threats to any patriarchal system occurs when competency and power are joined with commitment and loyalty. With these "virtues" alone empires have toppled.

Ian Fleming was no fool however, as he did have the vision which brought to consciousness the strength and power of the female life force.

The Order of the White Lion will have more in mind than to simply return to a Matriarchal view of the Universe. Its goal is the transcendence of the sex differences as we know them. The secret meaning behind this can not yet be revealed, except in the form presented in the Tantric section of this book.

To my knowledge, the Order has not made an overt appearance. Nor do I know of any organizations with the financial base and Will to bring such an Order into existence.

However, I have met more males in recent years who have indirectly and unconsciously supported such a notion, although it has been somewhat plebeian and ignoble and frequently filled with saccharin male hysteria (Christian Ideals and denial mixing with Pagan Lust) and cliches. Here again, most of these males, while trying to help the Goddess re-emerge, are terrified of the depths of her Psyche and spend a good deal of time suppressing its manifestations. Some of these types have sought me out. However, once I treat them to the dark side of their own image they promptly cast me in the role of devil and continue on in their hysterical ways. From time to time a few try to hold on, but their fear prevents them from doing any real work.

In addition to working with the Feminine Force, the Order is to work with rejected children in a way never before heard of on this planet. Rather than helping them live boring and hum-drum lives they will be taught to live superior lives. Again, to my knowledge, this has not yet been done or even advertised.

Once the Order has planted its seed it will disappear, as it will be of no further use. This will happen sometime between 2090 and 2150.

This entire scenario is not based on the assumption that the Western World will not experience numerous and great upheavals. While I do not suffer from GEOGRAPHICMANIA, I have it on good report that the Order will first manifest itself in the English speaking world.

Another bizarre teaching of the Order is that **WE ARE ALL ALIENS.**

All of history as reflected in our ethical philosophies, religions and secret orders are bastardized accounts containing one message—***Transcendence.***

What transcendence means is nothing more than focusing on our alien qualities, while de-focusing on our earthly qualities. The way that this has been taught has been both foolish and destructive.

The secret of Transcendence is not negation nor is it affirmation. It is simply an act of **P O W E R Concentration** without placing a moral value on what is transcended.

Re-stated simply, it doesn't matter whether you transcend eating habits, sexual habits, drug habits, clothes habits, or simply the way you open a door.

What matters is that you transcend and by repetitive acts of transcendence, consciousness becomes transformed. You can see why indulgence as a hedonic notion, and abstinence as a Christian notion, and compulsions as a Psychological notion, have no place in Transcendence, except as **Technique.**

Additionally, transcendence has nothing to do with secret messages from the Psyche, secret orders, drug related experiences etc. It has to do with **WORK.**

Everything else is simply information, the lowest form of knowledge. Without transcendence permeating the Ego and the Psyche, very little will be accomplished.

In other words, it is time to stop talking about Gods, messages, channels, etc. and time to act like the Gods/Goddesses we **are.** It is time to stop waiting and wondering and it is time to start acting and doing.

The proof that we are aliens is very simple. There is nothing like us upon the planet earth. Nothing at all.

We are the definers of what we can be. This is the difference. Nothing else can **change itself, at will,** into something different. We can even transcend death and stupidity if we identify these as desires and put our efforts into it.

Only transcendence can lead to more transcendence. We can get out of our mess by doing something different. The first act is to realize that we are, in fact, **Aliens.**

The next step is to ***practice being Alien all day long.***

This is accomplished by using your imagination, dis-identifying with your conflicts and by ***doing.***

What if the Order as revealed to me is only fiction and the whim of an old woman's mind?

There is no way to answer the question of legitimacy. The Catholic Church had a nightmare and made it come true. So, does that prove the legitimacy of the Catholic nightmare? I do not think so. What it does prove is that validity can not be proven by simple existence over time. Nor can it be denied.

What we do know is that if the potential is there and if enough **power** and **force** is placed behind that potential then almost anything can come true. This method has little or nothing to do with our primitive notions of morality, belief or faith. What it does prove is that power ***works.***

ENOUGH ON THIS FANTASY

NOTES

Note 1: The idea of slaying the Dragon, to rescue the distressed maiden has great psychological import. (The dragon/serpent is an allegory for the Kundalini Force. However, the notion of slaying versus controlling is purely Christian.) An important meaning here is that males can only enter the mysteries of the Goddess once they have faced, conquered and **integrated** the power of their own beast. This is why the Knights were preoccupied with loyalty and betrayal. Their image, which was often portrayed as kind and holy was frequently tarnished by deception, lust and greed. In other words, they both required and made the image of the helpless female as a device to rescue themselves from their own feminine attributes.

Note 2: Image making is always interesting, as it requires rejecting certain qualities, while emphasizing others. Males have the awful tendency of projecting all traits and tendencies which are regarded as inferior or negative onto females as a result of the sex-differentiated socialization process engendered by the Patriarchal system.

Note 3: The image of the Goddess as both the nurturing Mother and the destroyer of her own children is disturbing to the Christian "Mind", but long recognized as an essential Wisdom in the East. It represents the acknowledgment of the opposites of the Tree, and begins to imply the Middle Pillar of Mildness.

Note 4: As the reader will observe the OWL is not a Christian Order, nor was the Golden Dawn. One attribute among many others of the Golden Dawn which gives the whole thing away is the equality between male and female adepts. However, the practice of tantra was never directly mentioned, although there are numerous sex-negative references. This is due to the fact that the original teachings fell into the hands of the Christians as well into other hands who disguised its real meaning to protect it from the jealous and dangerous Church. The new Golden Dawn which is now emerging no longer has to disguise its real purposes or its association with the Knights Templar and other Tantric groups.

To this day I am amazed by how many people believe that the Golden Dawn is a Christian Order, and that Dr. Regardie supported the Christian value system. I am even more amazed that individuals think that I support the idea of Christianity in any form. I still have a few disciples who are deluding themselves by interpreting what I say as being a form of Christian mysticism.

The reverse of this is also true: many people believe that the Golden Dawn is an offshoot of Satanism and that Dr. Regardie and I are Satanists.

The Golden Dawn developed from the Rosicrucian Order—mystics who called themselves Knights of the Rosy Cross—who borrowed the symbols and colors of earlier pagan groups, mystical Jews, Egyptians and Hindus. These were later transformed into Christian symbols. (Remember the symbol was White with a Red Cross.) During the Crusades the Christians adopted the symbol and said that it was representative of "innocence and blood" when in fact it was the emblem of the "Assassins" (a mispronunciation of the Saracen brotherhood of hashishim, the "hashish-takers") the forerunner of the Knights Templar.

Chapter Ten

WESTERN SEXUAL MAGICK AND THE CREATION OF THE MAGICKAL CHILD

Note: The methods presented below were created by Dr. Regardie and myself over many years of thought and experiment. It is my hope and I know his, that they at last be presented to the world. I take full responsibility for the form, method of presentation, many of the techniques and the timing of their release.

THESE METHODS WILL IN FACT CAUSE TREMENDOUS CHANGE IN YOUR *SEXUAL LIFE* AS WELL AS EVERY OTHER ASPECT OF YOUR EXISTENCE. THEREFORE DO NOT UNDERTAKE WHAT FOLLOWS UNTIL YOU HAVE ASSURED YOURSELF THAT YOU ARE WILLING TO CHANGE. REMEMBER, ALL TRUE SPIRITUAL CHANGE, BY ITS VERY NATURE, HAS UNPREDICTABLE QUALITIES.

BE SURE YOU HAVE BECOME EXPERT ON THE EARLIER EXERCISES IN THIS BOOK BEFORE YOU ATTEMPT WHAT FOLLOWS.

OVER MANY YEARS OF PRACTICE I HAVE FOUND THAT THESE EXERCISES AND MOVEMENTS WILL INCREASE THE CHANCES THAT CHAKRAS WILL BE OPENED AS WELL AS ACHIEVING THE RESULTS PROMISED BY TANTRIC PRACTICES. BE SURE THAT YOU ARE TRULY DESIROUS FOR THIS TO HAPPEN. (See Notes below).

FOR THOSE UNINTERESTED IN CHAKRAS AND TANTRA, A FEW MINUTES ON EACH EXERCISE WILL ALSO INCREASE THE CHANCES THAT YOUR PSYCHO/SPIRITUAL POWERS WILL IMPROVE AND THAT INFORMATION FROM THE COLLECTIVE MIND WILL BE MORE READILY AVAILABLE.

PLEASE READ THESE INSTRUCTIONS AT LEAST THREE TIMES, SEPARATED BY AT LEAST ONE DAY. DO NOT PERFORM MORE THAN TWO SESSIONS A WEEK FOR AT LEAST 6 MONTHS.

AS THESE MOVEMENTS AND TECHNIQUES ARE VERY POWERFUL———PLEASE MAKE HASTE S L O W L Y

WESTERN TANTRA

The practice of Tantra whether Eastern or Western is often associated with the Female Goddess. When the power of the Goddess was usurped by Christianity, the female as well as her powers were regarded as evil and dark. This notion has been frequently "justified" through blaming Eve and the Serpent for the fall of man. Those familiar with Tantra and Kundalini will automatically associate these Judaic-Christian "devils" with the practice of these ancient arts. As the Goddess begins re-emerging, various forms of these ancient practices have begun reappearing.

This book presents one of the most powerful methods of releasing Kundalini through the Practice of Tantra. It uses the Tarot, The Symbols of the Tree of Life, Bio-energetic technique, and Chakra meditation to help aspirants obtain the pure essence of both Magick (Power) and Mysticism (Love).

Note: Magick and Mysticism, or Power and Love, is again a false dichotomy created by the Christian ethos. Christian philosophy assumes that power (ACTIVITY) is evil, while Love (PASSIVITY) is good. This slavish philosophy of turning man into a sheep is similarly identified by its emphasis on pleading as a form of worship, as compared to the practice of Magick which is dynamic and active. The Goddess religions do not recognize such childish cutting off of power from love. Instead the Goddess religions recognize that each concept is deeply tied to its apparent opposite.

In fact, Great Love is Great Power, and Great Power is Great Love. Any force when fully developed transforms itself into the All.

THE TREE OF LIFE SYMBOLS

The Tree of Life is one of many useful models for gaining insight and intuitive awareness of how Tantra works. It was from my work with the Tree of Life and Sexual Magick that this system was evolved and so I have a special place in my heart Chakra for this model. However, if you find this model difficult or cumbersome, feel free to use the Eastern model for meditation and association. Better yet, use both.

The Tree of Life formula:

Kether is the Point, or Crown.

Chokmah is the Father Principle.

Connecting the two is a straight line, which metaphorically cannot encompass space.

Adding Binah, the Great Productive Mother, a Triangle is created which metaphorically encompasses space.

Within space normal matter and spiritual matter can be generated.

Thus in Tantra, each act always includes the Emanating force of Kether, the Crown of the Tree of Life. Therefore in the practice of Western Tantra, a God-form is always included, bringing the participants to Three.

Relationships which include the Third Principle are powerful, when compared with Relationships which only include the Principle of two.

As we descend the Tree from Kether, the point, to Chokmah the Father, we find that Binah (the Great Mother Principle) is the Third point. Thus we see one reason why Tantra is frequently associated with the Goddess principle. However, in practice, the new energy which is brought into the relationship is Kether. This is the point of energy which is forgotten or never employed in normal sexual intercourse. Thus Tantric intercourse is always symbolized by **WHITE LIGHT.** I want to emphasize again that **WHITE LIGHT** has nothing to do with Christian morality.

While Kether is the first Sephiroth, for reference sake we will say that when practicing Tantra we must include Kether as the third symbolic participant in the act. This is so because normally God-Forms are left out of western sexual practices.

The practice of Western Tantra brings the energy up from Malkuth to Kether. As we develop our practice, we bring Kether back down to Malkuth, then finally equa-liberating both in Tiphareth. Adepts will recognize this ancient formula.

Occult Eugenics concerns the creation of the Magickal Child. Creating Magickal Children is rarely practiced, normally being left to Fate or Chance. If we truly wish to change the world as well as ourselves then we must deliberately create the Magickal Child instead of waiting. The implication here is that Man has the power to create Messiahs.

Noting the Tree again, the Son of the Parents, Chokmah and Binah, when filled with the power of Kether is Tiphareth. The daughter is Malkuth. Of course this is symbolic. In addition to the forces previously mentioned the powers of the other Sephiroth must be generated to create the desired effects.

Tiphareth is often associated with the Heart Chakra. Malkuth is the Bride of Kether manifested in the world, and when an Adept is in the correct posture Malkuth is associated with Muladhara. Her purity is the result of Chokmah and Binah combining with Kether. Thus Malkuth is in Kether, and Kether is in Malkuth, but different in kind. (It is no coincidence that the Path between Kether (the Crown) and Tiphareth the heart is "guarded" by the High Priestess.

The practice of Occult Eugenics whether for the purpose of **creating a living physical entity,** or for the purpose of **creating a spiritual God-form,** mixes the energies of Kether and Malkuth. We bring the force up, and we bring the force down, mixing at the point of Tiphareth, the center of the Tree of Life, the Heart. The correct practice of western Tantra assures that the God-forms we create will act according to the power and essence used to generate the form. Using the Tarot symbols to define the desired force you wish to create is described in detail in *Secrets of Western Tantra* (New Falcon Publications, 1989).

 Yourself

FUNDAMENTAL MOVEMENTS

PRELIMINARY EXERCISES

For the practice of Tantra it does little good to have common orgasms. The movements below are preliminary to any form of Tantric practice, although the simplest forms of pre-Tantric Intercourse may be practiced at the same time. Once these movements have had their effect, certain bio-psychological events take place which increase the depth and breadth of orgasm elevating it to its highest pre-Tantric intensity. These movements have been designed to help you shake off the negative associations created toward your sexuality by "civilization".

You can use them as you see fit. However, if you wish to gain all their benefits you should proceed to the practice of Tantric Intercourse. (See *Secrets of Western Tantra,* New Falcon Publications, 1989.)

SECTION ONE

Remove your clothes, or wear loose fitting clothing.

Lie down on a very soft surface in a cool room. If your room is too warm turn up the air conditioning slightly, or turn on a fan. **Coolness is very important.**

Take a big stretch. Move your arms to your side and take a deep breath. Hold your breath, while doing a slow, controlled sit up. Let the breath go and flop. Repeat the breath, sit up and flop two or three times. Stretch again.

Get in the "breathing position". This means that you are to lie on your back with your knees bent and your feet solidly on the floor or bed about a foot from your rear end. Your knees should be about 18 inches apart. Your arms should be at your side.

Now begin to breath through your mouth. Make sure your mouth is held loosely open, about 1 inch. Inhale to a slow count of three, then exhale to a slow count of three.

We will call this "deep breathing". The inhalation should be full but NOT forced. Start inhaling from your ***lower belly.*** The belly should begin to expand first, followed by the chest.

When the inhalation reaches its highest point, JUST LET GO saying "AH", allow the chest and belly to collapse/contract on their own.

Make no voluntary movements as you breathe. If you sense tension leave it alone. Allow what happens to just happen. Remember, allow a slow count of three while inhaling and begin exhaling by saying "AH". You should set a tinier for 10 minutes. When it goes off, just sense and feel your body, for another 5 minutes or so. Verbalize ***only*** what you sense and feel. Make no interpretations at this time.

Now you will begin to combine deep breathing with other movements. As you do the following exercises you may at times notice that your breathing becomes erratic or even that you are holding your breath. Do not allow this to continue. It is essential that you continue deep breathing throughout the exercise unless specifically instructed otherwise.

Begin deep breathing for at least five minutes. Continue deep breathing, but now on the inhale open your eyes as wide as you can and on the exhale close your eyes as tight as you can. Utilize just the section of your head from the eyes up. Do not move your jaw or change the position of your body. Do this for about 5 minutes.

After you have done this, continue deep breathing but this time lift your head while inhaling and let it flop on the exhalation. (Be sure to have something soft to catch your head).

Some people get nauseous during this phase, so have an empty stomach or a pot handy. Set your timer for 3 minutes. After you feel comfortable you may increase the timer to 10 minutes.

When this phase is completed become completely aware of your sensations and feelings for five minutes or so. Be sure to verbalize what is going on. Again no interpretations please.

Next, begin deep breathing again; on the inhalation push your lower jaw out as far as you can. On the exhalation let it relax. Keep this up for 3-5 minutes. Allow any automatic grimace to develop. Become aware of any heat that develops.

Relax for a moment or two. Begin deep breathing again. On the inhalation push your lower jaw out as for as possible as before, but this time growl on the exhalation. The growl should be as full and deep as possible. Begin to become aware of the origin of your growl. Do not do this exercise for more than one minute. When finished relax for a moment or two.

If you are not already in bed, please do so now. I want you to put the two exercises together along with a few other movements.

On the inhalation stick your jaw out as far as you can and at the same time raise your arms slowly behind you. At the same time begin lifting your head toward your chest and growl, leaving your arms behind your head.

When you are almost finished growling and your chin almost touches your chest, clench your fists and fling your arms forward hitting the bed. Let go with a giant yell as your arms hit the bed. Be sure to let your head fall back on the bed. Repeat this procedure six times.

It is very important to relax now. Give yourself a break. I would suggest at least ten minutes of just plain sensing and feeling.

You may now stop for this session or continue on with Section two.

SECTION TWO

Begin by lying down and sensing and feeling your body. Do this for at least five minutes. Ten minutes is better.

Now begin deep breathing as described previously. Five minutes of breathing will do.

Raise your hands straight up in the air over your chest. Inhale, then stretch the left arm and relax the right arm as you exhale. Then inhale, stretch the right arm and relax the left arm as you exhale. Continue alternating arms. Reach for the sky as you say "AH" with every attempt. REACH up as high as you can, as if your greatest desire was just out of reach. To help you get the feeling of this movement you might say the name of a person who you would like to make contact with. Sometimes "Maamee"

or "Dadee" can create the desired feeling. Learning how to YEARN is very important to later work in the area of Tantra and Devotional prayer. (See my article on Active Prayer in *Healing Energy, Prayer and Relaxation* by Israel Regardie, New Falcon Publications, 1989).

Keep this exercise up until your arms begin to get tired. Now just let go into a feeling of exhaustion and peace.

I can't emphasize the importance of yearning, both in releasing repressions and to help you learn **devotional sexuality.**

To help you further with learning how to yearn, repeat the above movement except this time reach up with both arms at the same time on the exhalation and relax both on the inhalation repeating either the name of a significant other or a Divine name See *The Complete Golden Dawn System of Magic* (New Falcon Publications, 1991) for Divine names.

Repeat this movement until your arms become very tired. Be sure to reach as high as you can.

Now treat yourself to some special food such as ice cream, cake or popcorn.

SECTION THREE

I must warn the reader at this point that these movements are designed to open up areas of consciousness loaded with psycho-spiritual energies. Proceed slowly. Do not lust after results.

This is a good time to discuss journals. If you are serious about your personal work a special journal should be on hand to record the results of your work. This might include feelings, thoughts, dreams, divinations etc. which have occurred after you have begun your practices. This record will be essential if you desire to go further in your Tantric practices.

Lie down and begin deep breathing for 20 minutes.

Begin by opening and closing the eyes as described above in section one for another five minutes.

Relax, sense and feel your body for ten minutes.

Now I want you to breath **backwards.** This means on the inhalation pull your belly *in* and pull your chest up making the

sound of a wheeze. (This should sound similar to someone who has a very bad chest cold.) Hold the breath for one or two seconds and let your chest collapse. Relax for one minute and repeat the backwards breath 5 times. Relax again and repeat 5 times. Do 6 more sets. You can raise the breathing movements to 10 times as well as increasing the sets to 10 when you become comfortable with this movement.

Relax and treat yourself to some goodie.

SECTION FOUR

Begin deep breathing for 15 minutes. Then as you continue breathing, on the inhalation slowly tilt your pelvis toward your face. On the exhalation let it DROP. Repeat this for 15 minutes. Do not tilt any part of your body except your pelvis.

Now slowly bring your knees together on the inhalation and let them fall open on the exhalation. Continue this for 10 minutes. If your legs, or for that matter anything else, begin to quiver or shake, just allow this to happen. (And by the way, congratulations.)

Now rest for at least 10 minutes sensing and feeling your body.

begin breathing again, this time with your legs flat on the bed. On the inhalation lift up your right leg and on the exhalation strike the bed as hard as you can with it. Now do this with the left leg. Alternate legs for 5 minutes. If the circumstances allow, give out a loud shout as your leg strikes the bed.

Now relax. Sense and feel your body for at least 15 minutes.

IMPORTANT NOTES

Begin with the movements in Section One and work your way through each section to Section Four.

Do not begin from Section four and work your way up.

Sections one and two can be practiced together.

Section three and four should not be practiced together until you feel comfortable with the results of section one and two.

Start a journal and use a tape recorder during your sessions.

No session should be longer than one hour.

If you have medical problems consult your doctor before undertaking the movements.

You will be shaky for at least ten minutes after your sessions. Do not drive or operate dangerous equipment.

After six months of practice you can try a GRAND session of four hours using all the movements in the described sequence.

After a year of practice you can begin to mix up the movements when it suits your needs.

These are spiritual exercises and only individuals who have chosen to take the Path toward enlightenment and self development in the most profound sense should undertake these movements.

If you have any questions about the movements please feel free to write. Please keep the questions simple, short and to the point.

These movements can and should be used throughout your entire life. Not only will they help with depression and anxiety, they will continue to bring you insight and creative force.

THE USE OF THESE EXERCISES AND THE TRANSFORMATION OF SEX ENERGY

The purpose of these sexual practices is to intensify AND control energy and then move that energy according to your true will.

RULES FOR USE

The creation of Power is the purpose behind what follows. If you have Christian notions that power is evil, or if you believe that Sex Magick is evil then these techniques are not for you. Power is the force of the Universe. The Goddess creates and destroys. Simple?

There are many "occultists" who are preoccupied with White and Black Magick. There is no such division except when it is based on the philosophy of Christianity or similar slave philosophies. No matter what a person calls his personal practices, be it prayer or magick, its purpose is to gain Power to serve self-defined ends. This is not evil!

Good and Evil relate to psycho-physical realities of pain and pleasure, power and powerlessness and nothing more.

Power is a neutral concept. What you use it for and how you interpret its use is up to you. If you even begin to use the words of Black and White, Good and Evil you have lowered yourself and have entered the world of fear and trembling. Good and Evil are self-serving concepts which are required when the ego is under tension or attack. In the beginning and in the end there is simply POWER followed by Discipline.

The purpose of these rules is to increase the probability that you will be successful at the work. They contain no "moral" injunctions or sanctions.

The purpose of these movements is to intensify bio-spiritual energies; learning how to tolerate great energy and then how to move that energy according to your desire. Once you have accomplished this you then can call upon this power at will and direct it to your highest ends.

It is important to remember that during these practices you are stimulating various body organs and brain centers. We are in fact doing something real. So-called sexual/emotive energy is the essence of all deep change and power. This energy may be used for dream work, insights, healing or whatever you choose. This is left completely up to you.

While practicing what follows do not moralize on your activities. Do not discuss your work with outsiders as it will drain your energy and in the end simply confuse and inhibit the practice. Remember the motto of the New Era is **DOIT.**

1. You may begin sexual work as soon as you have learned the first set of exercises described in section one above.

2. No sexual intercourse or genital contact, is allowed during the practice of these preliminaries.

3. Sexual intercourse is allowed once all of the preliminaries have been accomplished. This will take six months.

4. If you decide you wish to practice these Tantric movements, choose a partner who will not romanticize the process.

5. If the partner is a wife or husband, or steady partner be sure to separate the practice from your normal sexual activity with that person by at least two days.

6. These sexual movements should be practiced no more than once a week.

7. During these sessions only masturbation or oral stimulation is allowed.

Begin with the Banishing Ritual in the area in which you will be working.

Practice the Middle Pillar for 20 minutes with your partner. Hold hands or make sure that your bodies are touching. (Instructions for the Banishing ritual and the Middle Pillar can be found in *Golden Dawn Tape Series I,* New Falcon Publications, 1992.

Meditate on the heart chakra for 10 minutes. Do not control your thoughts or excitement.

You may light incense, burn candles or use lights or soft music to enhance the mood.

Touch your partners hands and vibrate OM for 5 minutes.

The female lies on the bed in the breathing position described above. She begins to breath as described above, gently tilting her pelvis forward on the inhalation, toward her head. Be sure the "AH" sound is made with every exhalation and the pelvis is dropped. After ten minutes of intense breathing, she stops the pelvis tilt and, while continuing deep breathing, her partner begins to stimulate her genital area with his hands, a vibrator, or his mouth. Timing and control are very important. The major part

of the stimulation must occur with the exhalation. The rhythmic breathing must be kept up through the entire session.

When the female is about to reach orgasm her task is to switch her attention away from whatever it was on, to Muladhara (see below). When orgasm is reached her focus must be on this chakra.

The idea is to allow the energy of the genitals to move to Muladhara at the time of orgasm.

If she is capable of more than one orgasm per session or if it takes her less than 15 minutes to reach orgasm another practice session is desirable. However, the entire practice session should not last for more than 30 minutes.

When it is the male's turn to breath, everything is done the same way, except that he should be kept from reaching orgasm for at least 25 minutes. This assumes that he can not have multiple orgasms of equal intensities. If he can have two orgasms of more or less equal power, this is permitted.

Once these practices have been performed for the 1st center (see descriptions of the centers below) and for at least 1 month, you may begin to focus the energy to the next Chakra, (Svadhisthana, the 2nd region), and so on.

Each Chakra should be worked 2-4 times per month. If this is not possible extend the six month program out far enough to accomplish this goal.

When all Chakras have been properly worked for one month you may begin the next set of movements which include intercourse as described in *Secrets of Western Tantra,* New Falcon Publications, 1989.

BRIEF MEANINGS AND LOCATION OF THE CHAKRAS

Sahasrara — Beyond the Chakra Centers. Above the head. Technically not a Chakra, although many call it one. Might be considered Kether, mixing with Ain Soph. This center is beyond language.

Ajna Chakra — #6 Located between the eyebrows. Relates to the region of the Mind-Ether. The color is white. Beyond the notion of dimensions. The pure Mind. Divine Union of personal self with the Collective Self. Power to leave the body at will. The ability of the True Seer.

Visuddha Chakra — #5 Location, the throat region. Relates to Sound and Ether. Color is smoky purple. Power; freedom from possession by worldly activities, complete knowledge is obtained, of the past, present and future. Mandala is a circle. Animal is elephant. The organ is the mouth.

Anahata Chakra — #4 Location, the heart region. Relates to the Air. The sense of touch and feelings. Color of the petals is blood red. Power of hearing with the inner ear of OM. Power to protect and destroy the three worlds. Mandala is hexagram. Animal is the antelope. Organ is the penis.

Manipuraka Chakra — #3 Location, the diaphragm-navel region. Relates to Fire. The Sense is sight and "emotions." The color of heavy rain clouds, dark blue. Power to create and destroy worlds and the wealth of personal knowledge. Mandala is triangle. Animal is the ram. Organ is the anus.

Svadhisthana Chakra — *#2* Located slightly above the genital region. The Sense is taste. Color on the petals is vermilion. Relates to Water. Power of well reasoned discourse, or verse, imagination. Freedom from enemies. Mandala is the crescent. Animal is the alligator. Organ is the hand.

Muladhara Chakra — #1 Location, the anal area. Relates to the earth. The sense is smell. Color is crimson. Power of Speech and eternal knowledge. Mandala is the square. The animal is the elephant. The organ is the feet.

Note: The locations given above reflect spheres of psycho/bio/spiritual energy, which in fact are more sublime than the physical regions mentioned. However, by focusing on these areas you will achieve proper results.

Chapter Eleven

THE GOD-TEST AND THE MEDITATIONS

THE DEPRESSIVE*

Someone once said that a person's relationship to pain is the window to his soul. That person was Friedrich Nietzsche.

Someone else once said that if, for a moment, we could see life clearly there would be no human life left on Earth. I believe this person was Mahatma Ghandi—or was it Elvis?

I once said that if Reason, Common Sense and Logic[2] were the "Parents" of man then Mankind would not exist.

Now before the reader gets the idea that I am a born depressive let me assure him or her that I do enjoy myself. However, after many years of self work and research I find it best to look the situation straight in the eye—and it is bleak. I have heard every explanation devised to deal with the void, but I find the one which works best is an hour or so of forced depression. This makes the rest of the day free for other things.

I will often meditate on the most hideous things, such as flesh falling off my skin, or someone being tortured or a loved one dying. Once I even used a scene from a movie where people were being killed by the thousands. Joan of Arc is a particularly useful image.

During the last war (i.e., the media event called Desert Storm) I used the nightly news for material. In fact the news is a wonderful source of depressing and hideous images. In addition, the 1992 U.S. elections provided me with a diversion, although, I must say it was no challenge to my ability to concentrate and meditate.

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[1] Depression is sometimes a potent sign from the "psyche" foretelling that a major change is needed or one is about to occur. In other words, depression can be like pregnancy.

[2] I believe I said this to emphasize the point that words like Desire, Instinct and the Will to Power are more fundamental than Reason etc. and are deserving of the deepest respect.

Alcohol has also lost its potential to threaten my single mind(less)ness. No matter how much I drink and how much of my mind I lose, I still seem able to focus.

While things can always get worse, horror serves the function of a distraction as well as building a strong stomach. Awful feelings, however, provide the opportunity for being cheerful.

To be cheerful in spite of disease and discomfort was one of the lessons of the Buddha. In this sense I may also be thought of as a pessimist. A pessimist is someone who relieves his excess energy by *controlled* suffering. Now remember I said controlled *suffering.* Set some time aside each day for controlled suffering.

By controlled suffering and concentrated depression one not only conserves energy when one is weak but one becomes more cheerful.

SOME EXAMPLES

Perform your energized meditation exercises. Get into your favorite meditative posture and begin to concentrate on your heart Chakra or on Ajna. Watch all the images pass through your mind. When you have achieved true tranquillity, now imagine that you are in a graveyard. Pick up a shovel and dig up a coffin. Open it up and observe yourself inside. See the worms eating your flesh, watch as your flesh falls off. Create images of all the mistakes and errors you made in you life time. Berate yourself over and over again. Do all of this without losing your tranquillity or your concentration.

After you have succeeded at this task repeat the first steps. Once you are completely tranquil begin to create images of your enemies humiliating and degrading you. Imagine them torturing you. Image every hideous thing possible. Be sure to remain tranquil and concentrated.

The next task is to image yourself doing awful things to others. For some this is more difficult than the first two meditations.

Next image yourself having the greatest pleasures and joys this world can offer you. Be sure to remain tranquil and concentrated.

Finally image yourself explaining all of this to someone you don't know. Try to convince them of the sanity of this operation.

 Yourself

If they understand, you can rest assured that they are not normal and are worthy of your friendship and consideration. If they think you are mad, invoke the notion of tradition. Argue that the Tantrics and Buddhists used graveyards for meditations and that many of the early Christians tortured themselves to purify themselves.

MEDITATION:
THE JOYFUL

Ultimately we know the spirit of a man by the way he defines the Numinous. To say this differently: we know the strength of a man by the way he lives his life in relation to God. These assertions rest on the assumption that the Numinous—the unknown—(Gods)—is a primary need, not simply for protection, or for other utilitarian needs, nor simply for "meaning", but for the "feeling of life" itself. Without the Numinous, "the wild card", life loses all its beauty and excitement.

If everything in the Universe could be known or controlled man would no longer exist as we know him. Thus, to know the nature of a man we simply must ask how he defines both the Numinous and himself and how he lives in relationship to these definitions. Thus, the God(s) of every culture—like the God(s) of every man—is a sign of its strength or weakness.

In this meditation we examine three types of Gods. The God of the Christian, the "Gods of Africa" and a God of the early Greeks—Dionysus.

We will use a series of seven point scales to give us our results.

Rate the Christian God

Strong————————————Weak **Doesn't apply

Orderly————————————Chaotic **Doesn't apply

Lustful————————————Chaste **Doesn't apply

Is this God primarily, forgiving, vengeful or "indifferent" toward man? Choose one.

Now rate the image of man as the Christian God "sees" him.

Strong————————————Weak **Doesn't apply

Orderly————————————Chaotic **Doesn't apply

Lustful————————————Chaste **Doesn't apply

Rate the "African God".

Strong————————————Weak **Doesn't apply

Orderly————————————Chaotic **Doesn't apply

Lustful————————————Chaste **Doesn't apply

Is this God primarily, forgiving, vengeful or "indifferent" toward man? Choose one.

Now rate the image of man as the "African God" "sees" him.

Strong————————————Weak **Doesn't apply

Orderly————————————Chaotic **Doesn't apply

Lustful————————————Chaste **Doesn't apply

Rate the God Dionysus.

Strong————————————Weak **Doesn't apply

Orderly————————————Chaotic **Doesn't apply

Lustful————————————Chaste **Doesn't apply

Is this God primarily, forgiving, vengeful or "indifferent" toward man? Choose one.

Now rate the image of man as Dionysus "sees" him.

Strong————————————Weak **Doesn't apply

Orderly————————————Chaotic **Doesn't apply

Lustful————————————Chaste **Doesn't apply

For the fun of it, and for a better sense of how this works, do this for Buddha, for the Jewish God and for Nietzsche's hero Zarathustra.

When you have completed your ratings write a short paragraph describing the relationship between man and his God(s).

Finally, and most importantly, create your own God (vision of the Numinous) and rate Him or Her. Also rate how this God "sees" you.

This method will provide you with a map of how a culture or a man perceives himself in relation to the Numinous. It will also allow you to make predictions about how a man or a culture will change over time.

MEDITATION: GOD IS IN RECOVERY

On the 11th of February, 1993 I had a dream where Gurdjieff, Crowley, Nietzsche, one unidentified person and myself were off to visit God. He lived on the fifth floor of a seven story building. We climbed the first three flights and the staircase ended. There hung a long rusty chain which we each climbed. When we reached the fifth floor there was God. He was a mess. His hair was uncombed. His clothes were wrinkled. Next to Him was His beautiful Daughter who wore a crown. I started talking to Him and He told me to lower my voice as I would disturb His tenants. He had rented out the sixth floor of His building to a bar and a pool hall as He needed the money. End of Dream.

Without going into any lengthy analysis, the image of God is changing not only for me but for "society" at large. He is disheveled and so is Western civilization. The solutions to our joint dishevel have been numerous. Some are:

Kill God—destroy the world
Go back to the old image—destroy the new baby Gods.
Ignore the issue (the yuppie syndrome).
Adopt someone else's God.
The Numinous is not a real issue.
Materialism, rationalism, and science.
The State is God.

Blame—Satan, evil, etc. (This usually means other Gods.)
Personality worship (rock stars and the like).
Drug out.

I have adopted each of these "solutions" at one time or another. None of them have been satisfying or fulfilling.

My dream, however, points to *another* direction. God's recovery will come through his Daughter. This not only means something new, but a repair of something old. What might this new aspect be?

The Western God IHVH was vengeful. His Son Jesus was forgiving, even of His Father. Both have failed. The Daughter, I believe, stands for the body of man which includes feeling *and* mind. God and His Daughter are not either/or, but *both* mind and body. One is not rejected for the sake of the other.

Understanding religions or Gods—like the example given in the Joyful Meditation—rests on the rejection of "something" and the inordinate "acceptance" of something else. It is an exercise of exclusion. As an exercise, list what is rejected and what is worshipped for the following.

Christianity
Judaism
Islam
Buddhism
Hinduism
Dionysus
X?

God has worn out a facet—the image is broken, yet we humans still have a need for the Numinous. (Before the feminists and the wicca types get carried away with the image in my dream—let me say that the Numinous is a much greater issue than male or female images.)

The broken image of God is not a new one. Throughout the history of continents and nations a new image arose of the Numinous which attracted the spirit of those whose old image had worn out. Buddha is an excellent example and so is the Jesus myth. Yet change in itself doesn't imply improvement. Some might argue (and I am one of them) that Dionysus is superior in many ways to both Jesus and Buddha. Yet, Dionysus went

underground and was mildly incorporated in the Jesus mythos. When we look at the image of Jesus we see a denouncement of this world for another.

The new image of God and His Daughter accepts and rejoices in this world as well as the "Other." In this sense inclusion and exclusion is the method.

MEDITATION: OVERWHELM YOURSELF WITH POSSIBILITIES THEN COLLAPSE THEN SIMPLIFY

Don't get lost in minor factors which obliterate the major factors. All great discoveries "ignore". As a rule they "ignore" because to some extent they are ignorant. They also ignore because they are aware that certain specific issues can blind one to the major issues. The so-called Law of Gravity is simply one example. There are numerous variables which are involved but the simple ones Newton used allowed him to account for much of what he observed. If he got lost in minor details he might have missed the boat.

THE NEW LAW IS: STAY SIMPLE—STAY LEANi

This Law—Stay simple, Stay lean—is the basic law of science and "should" be the basic law of life. Stay simple, Stay lean has nothing whatsoever to do with dogmatism. It means—don't complicate something until facts force you to do so. Facts in this case includes your own needs.

If you are doing an experiment and find something unexpected, do not ignore the unexpected nor throw away old data or the theory used to come up with the experiment. What you do is hypothesize something new and begin to test it in your laboratory. While there are other procedures you would first employ before you hypothesized something new we will ignore them, but keep them in mind.

[J]By the way I am on a diet.

I would now like you to go back to all the meditations you have done and apply what I just said. Did you discover something "new?" What did you do with it? If you came up with an addition to my theories or a new theory, how do you plan to test it? What did you throw away and why? What did you accept? What are you trying to prove and why?

For further experiments read my books *The Tree of Lies, Secrets of Western Tantra, The Way of The Secret Lover* and my latest *Energized Meditation—A Brave Man's Way To Enlightenment.*

Chapter Twelve

ON THE INVOKATION OF ERIS: CHAOS AS PREREQUISITE TO CHANGE

By © D. Rose Hart(wo)man

"In a dark time, the eye begins to see"
—Theodore Roethke

A PARTIAL EXEGESIS OF HUMPTY DUMPTY

I have it from good sources that Humpty Dumpty didn't fall from the wall—rather he was pushed by a mad woman with the initial E.

Since childhood I have sympathized with poor Humpty—constructing emotional analogies between his cracked shell and my broken dolls, run-over cats, and as I hit puberty, fractured hearts—vainly wishing that the King's horses and the King's men could put him (along with my cat and I) together again. It never occurred to me to consider Humpty's feelings on the matter—did he want to be put back together, and if so, should he trust the minions of the King to re-construct him as he willed to be re-constructed?

Lately, I've been examining the roots and reasons which feed my current belief system while experimenting with my perceived reality. I have employed magickal ritual, along with a process of brutal self-psychoanalysation, in an attempt to exhume or reveal my "true" selves (whomever they might be), and to peel back the masks of my personality as well as remove the armour which defends whatever might reside inside. I intend to crack my shell of self-concept which, I suspect, was imposed upon me partially for my own protection by the King's horses and Men (disguised as educational institutions, parental instruction, religious commandments, social mores, TV, law, and particularly, my own attachment to these cultures). Sometimes, when my shell begins to crack, I feel like I'm going insane, losing my ground,

hurling headfirst into Chapel Perilous. I'm afraid that if I cast off my shell in its entirety, I'll disappear; so I hold back.

The aforementioned source asked: Do you think Mr. Dumpty was his shell and nothing more? Well, I had always thought of it that way. Yet according to Nature's reality and logic, an eggshell functions as a protector of an egg, the embryonic container of seed-life, that in-definable stuff of potentia which may grow-up to be a ducky, or an eagle, or a serpent, as the DNA desires. When the lifeform has evolved to the point where its chances for survival are decent, the shell cracks. So what's the tragedy? And why do the King's horses and men want to put the shell back together again? Do they want to stifle the life form and keep it from emerging? Are they concerned for its safety? Are they in conspiracy against the new creature, afraid of its power? The eggshell cracks, the force of the serpent slithers forth, and I persist to be my own sledgehammer.

BREAK THE SHELL AND YOU'LL FIND MAGICK

The revelation of the lifeforce or spark of Chaos which resides beneath the shell of the personality or ego is at the key to living in sync with Universe and co-creating reality to your specifications and will (hereafter referred to as the magickal life). The poet and writer Sherwood Anderson figuratively described the creative human's condition as a pregnant woman inside a suit of armour. When we recognize our eggshells and notice the weight of our armour, we can choose to crawl from or re-form our shells, we can choose to remove our breastplates and go naked (a Zen-like state of No-Thingness) for a while before re-structuring our entire suit; we can choose to give birth to new aspects of ourselves.

The shell of our external reality can be cracked and re-formed as well, though the one usually changes simultaneously with the other as any given reality, save perhaps pure mathematics, is transactional; the perceiver plus the perceived result in the artform defined as The World As We Know It. "We are all greater artists than we realize," the linguist/philosopher Friedrich Nietzsche said, recognizing that an individual's reality is filtered by the

belief systems inherited from societal and familial cultures. The words you think with affect the world you live in.

As we realize that we are our own greatest "works" of art as well as the co-artists of the world in which we reside, and exercise our talents, we give ourselves residence in the world of magic, happily juggling our self concepts along with our realities. So the preliminary task for any brain change artist is to get rid of his or her armour /shell/linguistic filter and get acquainted with the life underneath. William Blake knew what he was talking about when he wrote, "I must create my own system, or be enslaved by another's." Whose system are you plugged into?

In the beginning the shell might be cracked only during times of extreme emotion or during ritualistic practices, when our consciousness is purposely altered—the King's horses and men are really quite competent, the shell resilient, and the armour tenacious. However, with perseverance and time, the shell wears thin, the armour corrodes, and we no longer practice magick, but live magickally, happily splashing in the river of Tao. By the way, the goddess who serendipitously tipped Humpty off the wall goes by the name of Eris.

WHO IS THIS EGG-CRACKER NAMED ERIS?

The goddess Eris (or Discordia) is the midwife of Chaos, the bringer of creative destruction. For those aspiring to the magickal life, she will be a most helpful handmaiden, a necessary preliminary, an archetype whose invokation is necessary if a New Order be wrought. Let me introduce you to her.

She is not revered for her manners, nor her beauty or grace, and as far as I know, there are no temples or statues or odes in her honor (although she is notably present as the tornado which blew Dorothy out of Kansas). Eris is a messenger of the Crone, in that she serves the crone's destructive wisdom, yet she is as not as dark or old or wise as Hecate, but frenzied, flirtatious, quick to anger, mischievous, and "devil may care." Eris is a trickster, a willful reprobate who gets her kicks by shaking things up and stirring the soup. She is the catalytic force of Mary Poppins, the charming nanny who confused the emotionally dead

Mr. Banks enough that he threw off the myopic fetters of the bureaucracy he had enslaved himself to and opened to the love of his family for the first time. She was also the driving force of Timothy Leary, who popularized LSD, a substance which prompted millions to re-examine the belief systems which were handed down pat by the previous generation.

Eris is an anthromorphization of the Tower Card in the Tarot, the I-Ching hexagram #23: Splitting Apart, and as the Book of Changes tells us, "Splitting Apart means Decay." But Decaying matter makes fertile compost, and Eris, as evolutionary impetus, brings the sorrows of "letting go" as well as the joys of creative opportunity. She's about High Risk—a force which aids in the transgression of our limits, boundaries, and restrictions.

The Upholders of the Status Quo or Dominant Culture in Vogue (currently referred to by many as the Patriarchal Entity) condemn Eris as a trouble maker, for she is a goddess of active rebellion. She is the driving force of heresy—spiritual, political, and social—taking pleasure in disrupting the cultural patterns that have outlived their ability to provide real experience and enthusiastically rejecting the formalistic or robotic life which stale cultures often produce.

Eris assists evolution, and as she draws her lifeforce from the eternal progression of contraries—worrying not about moral goods and evils—she works day and night to cure stasis of its stiffness. Yet while the hard-headed conservative might wage war against the idea that change is the only constant, the modern brain change technician works to plug into the Prima Potentia of Chaos, playing and flirting with HIr maid-of-honor Eris, taking sweetsour pleasure in the perpetual creation and destruction of perceived reality, death and rebirth. Eris comes disguised as crisis, but in crisis is opportunity. It is no coincidence that the Chinese symbols for the idea of crisis or identical to those for opportunity. The symbols are translated literally as "crisis is an opportunity riding the dangerous wind." Hail Eris! or as Marshall McLuhan put it, "BLESS culture shock as dislocation of Mind." Eris induces culture shock, dislocating the mind and forcing us to discover new meaning! The symptoms of Breakdown are the harbingers of Breakthrough, or as the Zen poem

goes: Since My House Burned Down I Have A Better View Of The Rising Sun.

The force of the universe is free and amoral, and like any energy, it may be harnessed for evolution or regression, depending on the will of SHe who knows how to find and use it. It is easy to see why the Status Quo Police (as worshippers of the One and Only Reality) fear and hate the friends of Eris, and are on the march to anathematize the magickians, witches, shamen, avant garde artists, film-makers, scientists, and computer programmers—those who play in multiple realities—as sinners, criminals, reprobates, and children of the devil. Dion Fortune defines evil as "that which is moving in the opposite direction to evolution (and) as *the principle of inertia* which binds the 'good' the principle of creative movement." In a Ideological universe, a universe which is going somewhere, the only evil is stagnancy.

DISOBEDIENCE IS THE GREATEST TABOO

Eris is famous for indirectly causing the Trojan War. Myth has it that having been intentionally overlooked when the invitations were sent for the wedding of Peleus and Thetis (discord is not a favorite during wedding vows), she disobeyed and crashed the party anyway. Spitefully, she rolled the famous Apple of Discord across the dance floor. The Apple, as the legend goes, was marked "For the Fairest" and was claimed by Athene, Aphrodite, and Hera. Since only one of the three could be *THE* fairest, Paris was called to judge the first beauty contest. Aphrodite won by bribing him with the most beautiful woman in the world, who just happened to be Helen of Troy and the "possession" (as women were in those barbaric days) of another man. So the Trojan War began.

That Eris's apple-rolling, rather than the lust and desire of Paris, is blamed for the War, seems a tad unfair to me—a plot, more likely, to tarnish the name of the midwife of Chaos.

Perhaps it is fitting to make an analogy with a story of another Chaotic midwife, Eve. In the Judeo-Christian tradition it was Eve who abruptly destroyed the Status Quo, the reality, of Eden. Like Eris, Eve rebelled against the gods (Elohim is plural) by her willful and fateful act of disobedience. Her eating of the

infamous apple indirectly caused the exile of herself and her boyfriend Adam from the Garden. The direct cause of exile was the wrath of the gods who didn't want competition from the likes of their creation. So here we are, out of the safe cultivated, harmonious and static, and into the wild, changing, dangerous, and discordant. However, the Wild World Beyond the Garden is THE place where the party is happening, nonstop. Like Joe Campbell said in his conversation with Bill Moyers, "When Eve said yes to the serpent, she said yes to the adventure of life."

It is interesting to note that Apples play an important role in the stories of both Eris and Eve. Is it only coincidental that an apple when cut horizontally reveals the five-pointed star or pentacle (try it yourself)—a symbol feared by the patriarchal systems then and now? Coincidentally, this article is being written on a Macintosh, an Apple computer, which has been programmed to say "Hail Eris!" as an alert signal.

Many theorists see the myth of The Fall as representative of WoMan's evolutionary move from innocence (blind faith, obedience, and dependence) and toward experience (consciousness, the ability to self-reflect, will to change and create change); thus interpreted, "falling" was a very fortunate move, a rite of passage, an opportunity to come into our own. Similarly, Humpty's "great" fall, can be read "great" meaning "terrible" or "great" meaning "supreme", "fortuitous", or "wonderful". And even though War is never pleasant, the battle of Troy was the catalyst for much change and progress (not to mention a fertile sea of archetype and myth from which artist and poets of past and present might fish from). As pulleys of the rope of time and change, reality makers and brain change technicians can't afford to waste time quibbling as to what is "right" and what is "wrong." To eat beef in India is sin; to eat beef in Texas makes you a real man! If we are not moving forward, we are moving back.

ERIS AS A PRELIMINARY TO CREATING CHANGE IN ACCORD WITH WILL OR HOW MAGICK WORKS

Occult magick, witchcraft and shamanism is concerned with the re-ordering of reality through the re-ordering of consciousness and the accessing of will. The magickian aims to change self, consciousness, and/or peripheral reality in accord with will. Through magickal practice and ritual the magickian aims to cultivate the consciousness necessary to manifest such change.

Most occult practices presume a sympathetic model of the planet or universe—a web of life, if you like. The idea that the basic energies can be manipulated is based on the realization that from a certain dimension or when in a more "sensitive" state of perception all things are interconnected—the paradoxical idea that we are One, yet Many. While in the reality-tunnel of our "normal" state of consciousness, we believe ourselves as autonomic, individual, and un-connected to the whole. But it is not far-fetched to entertain the concept that we are as yet unable to perceive 'higher' levels of existence.

Take a model world called Flatland. Flatland is two-dimensional and populated by squares who know left and right, back and forth (width and length), but have never experienced the three-dimensional attribute of up and down (height), and therefore cannot fathom to understand up and down. Dr. Carl Sagan tells an amusing fiction set in Flatland which illustrates some possible problems we might face when questioning so-called extra-dimensional or divine communication. Paraphrased, the story goes:

One lovely day a three-dimensional creature is flying above Flatland when he sees a congenial looking square enter a house. The 3-D creature decides to say hello, but the Flatlander cannot see the 3-D creature who is hovering above his house and hears the voice coming from within himself. He questions his sanity. The 3-D creature is irritated at being called a figment of imagination and decides to fly beneath the square and kick him into this alternative dimension called UP. The Flatlander floats in UP for a ecstatic while before dropping back into his own 2-Dimensional world. He tries to explain to his friends that he had

ventured into some "mystic" dimension called UP. Of course, the fellow Flatlanders, having no such experience, pat the poor deranged fellow on the back and suggest a visit to the local psychiatrist.

You get the picture.

VACATIONING IN ALTERNITY

When you alter your reality through ritual, sex, drugs, sensory deprivation, or what you will, "normal" reality ceases to be and we can access a seemingly "mystic" dimension, whether it be a dimension of the mind or an actual dimension of space—an "alternity" to use the term coined by Dr. John Lilly to describe such states. Magickians and Shamans of yore knew that too much time spent in the mundane world and "normal" consciousness would cause them to "forget" alternity and thus sabotage the success of their magick, whether it be healing, precognition, or controlling weather. They knew that the common world view of individual separateness worked as a wall to block the underlying magickal sympathetic reality while bombarding them with doubt, interference, reactionary thinking, and criticism. That is why they took care to break routine now and then incorporating such acts fasting in the desert, strange rites, ingestion of drugs, vision quests, prolonged sexual abstinence and/or activity, and sometimes even masochism, into their lifestyles. Harvard psychologist William James believed altered states of consciousness are the key to magical powers, the key to becoming the artist of our own lives. Altered states lets us put off the cloak of culture and tune into the primary self where the future rests ripe for manipulation, if you will. Dr. James said, "Actualities seem to float in a wider sea of possibilities from out of which they were chosen." Who has done the choosing, you, your mom, your government, your teacher? Who will do the choosing in the future?

Magickal reality pre-supposes the existence of a free-for-all power source—that "divine" energy which has its center everywhere and circumference nowhere—variously called the Archetypal World, the lifeforce, Void, Atman, Tao, Anima Mundi, Spirit, Chaos, God, etc. This is the stuff from which magick, inspiration and genius stems. It is the thread which

connects us to the ancient mind, the Great Memory, the Akashic Records, or the Aboriginal Dreamtime, holding the potential of future as well as the tapestry of the past. It is the force which, upon amalgamation and application of conscious will, allows us to speak the language of our primal ancestors: animals, insects, plants, algaes, stones, rivers, and, earlier still, the stars, and, perhaps even to communicate with our future selves.

Shakespeare, the enigmatic playwright (or corporation of playwrights as the controversy goes), is (are) said to be linked to the secret societies which flourished during the Renaissance period. Many agree that Shakespeare hid occult knowledge within his (their) plays, and while studying him in graduate school, I attended to culling any occult material I could. I found a lot, but most relevant to this article is the comedy "As You Like It" which, to me, confirms the "magickal" idea that communication with Gaia, or the Big Mind of Universe, is achieved by shucking off the mask of culture. In the play Touchstone, the Archetypal Wise Fool, tells us that when he is "exempt from the public haunt he might find tongues in trees, books in running brooks, sermons in stones and good in everything."

It has now been confirmed that Magick is an evolutionary Science

We hold the information of the Universe within our DNA and it only makes sense to me that we should be capable of accessing this information by turning on the yet un-tapped circuits of our neural system. That humans have evolved to a point where they must take responsibility for further evolution of the species—intentional evolution—is a controversial, but fascinating, concept which has interested scientists, intellectuals, and mystics as varied as Gurdjieff, Aldous Huxley, George Bernard Shaw, Jean Houston, John Lilly, and Aleister Crowley.

The film *Altered States* depicts the protagonist, a scientist very loosely modeled on Dr. John Lilly, traveling backwards through his genetic memory as he experiments with sensory deprivation tanks combined with neuro-active chemicals. He devolves into apeman, and further into an amorphous blob of pulsating energy—pure chaos. Where the film exaggerated real experiments by showing the protagonist actually change into an

ape (and eat the flesh of live animals at the zoo), the point it makes is relevant.

Real-life experiments conducted by Dr. Lilly suggested that it was possible to "visit" our selves in various states of evolution, but of course physical transformation did not occur. It was the mind which took a ride on a genetic elevator of sorts, allowing re-cognition and realization of the primeval consciousness and/or cosmic consciousness. The point is that we can access the Self beneath the programming and choose to change our minds/ realities, become the meta-programmers of our brains rather than the puppets of the culture we were bread in by applying the magickal formula: Will + Imagination + Altered States.

The inter-connected model of the universe or web of life is no longer the limited to those of a mystical/magickal mindset, but is also a model chosen by many internationally recognized physicists as it works in accord with the scientific system of Quantum Inseparability Principle. Bell' s Theorem puts forth the concept of non-locality, which notes that on a sub-atomic level every particle is connected to every other particle. The idea of information being able to "travel" faster than light or "information without transportation" would certainly explain the concept of synchronicity, magickal coincidence, and telepathy. Dr. David Bohm speculates that the universe might not only prove to be non-local, but holographic as well. This model fits perfectly with the age-old idea that WoMan, along with everything else in the world, is a microcosm of the whole, containing all the information of the whole—past, present, and future.

"As above, so below" says the Emerald Tablet of the Hermes Trimegestis, while Carl Sagan tells us that "the very matter that makes us up was generated by long ago in red giant stars." We, along with the blade of grass and the fierce tiger, are literally the children of stars. As within, so without. One needs only to plug into Source to know it, to play it, to create with it, to become alike to the very god/desses we have for so long projected onto the images we worship.

SUMMONING ERIS FOR FUN AND MAGICK

Mystics, Magickians, and brain-change technicians alike employ ritual to invoke the archetypal mind (which is simply the

art of tuning into those "cosmic" signals we normally edit) and to expose and make accessible our power source—the potential energy of Chaos. We enter a "non-local" state where our definitions of reality, our masks of personality, temporarily fall away. Who we believe we are at any given moment is always fiction, for we are another thing a moment later; or as W.B. Yeats implied we cannot "know the dancer from the dance." Eris aids in dissolving the protective circle of self-concept by scrambling our programs, confusing us, and ferrying us into the space of No-Form, the lap of Chaos: Hence, we find ourselves in reach of magickal power, in a state of trance, ready to dance a new reality for ourselves. As William Burroughs astutely commented, "escape routes open in times of chaos."

Emptied of prior definition and highly impressionable, we use whatever means or rituals we choose to change the station to a reality more in accord with our will, or create a wholly new one. Brain-change technicians are meta-programmers who dance through dozens of virtual realities. We re-program ourselves, clothing ourselves with new belief systems or realities as creatively and as often AS WE WILL. (As I see it, the more often we change, the faster we evolve.)

As we commit ourselves to a practice of magickal crucifictions, moving through processes of dis-identification and redefinition of our perceived selves and realities, our normal reality changes to a magickal reality, and we soon re-cognize that we are no-thing, everything, and something. The WoMan who practices the art of reality shaping understands what Hassan I Sabbah meant when he said that "Nothing is true, everything is permissible."

Formal ritual performed in this Concept-Free state, whether Crowley-style invokations or a Catholic Exorcism, has a high success rate, evoking or invoking what spirits, angels, demons, gods, or goddesses, in the form and style you expect, and as you will. Plugged into the source of your power—the Chaotic Pool of Potentia—you may wish to employ your concentrated will and imagination, thereby utilizing this force to "charge" your magickal tools, talismans, and amulets, or to project your desire into the Cornucopian Womb of the Universe. Remember your

"tools" could be pen, hammer or guitar. One of my magickal tools is my computer.

The Will is very effective when applied in the dimension of potential (Chaos), more so, I think, than when applied to the denser astral or physical planes, where it is can be refracted by opposing wills or sabotaged by your own re-actionary mental processes. Your magick will work, so be certain that you want that which you will. Also, it helps to have some sort of symbol of your desire at hand to concentrate upon or verbalize—a word or mental image will do—so you won't need to regain "normal" consciousness in order to remember the purpose of your ritual. Formal invokations should be memorized.

HOW SHALL I INVOKE THEE? MANY AND JOYFUL ARE THE WAYS.

There are thousands of ways to invoke Eris. You might devote yourself to meditation on the TOWER card, or better yet, draw or paint your own. It helps to get out of your head where all your programs, as well as the potential re-actions to your current programs and future programs exist. Forget the mind; get into your body. Prior to practicing brain-change rituals, prepare yourself and your space by breaking apart "normal" reality.

Perform a frenzied Erisian dance, whirling like a crazy dervish until you don't know which way is which, stand on your head for an hour, indulge in extended sexual practice or tantra (prolonged sexual activity is perhaps the simplest and most pleasurable way to alter consciousness), or have sex with an unusual person under unusual circumstances. Throw yourself into an extreme emotional state (terror, devotion, or anger), drum until you become the beat, give your ear to dissonant music, or stare at a cubist painting until you understand it. Hold your breath or try Kriya Yoga techniques. Laugh for the sake of laughter and nothing else (listen to the song "I Love to Laugh" on the Mary Poppins soundtrack for a couple of hours). Talk gibberish or practice Socratic dialectic with yourself.

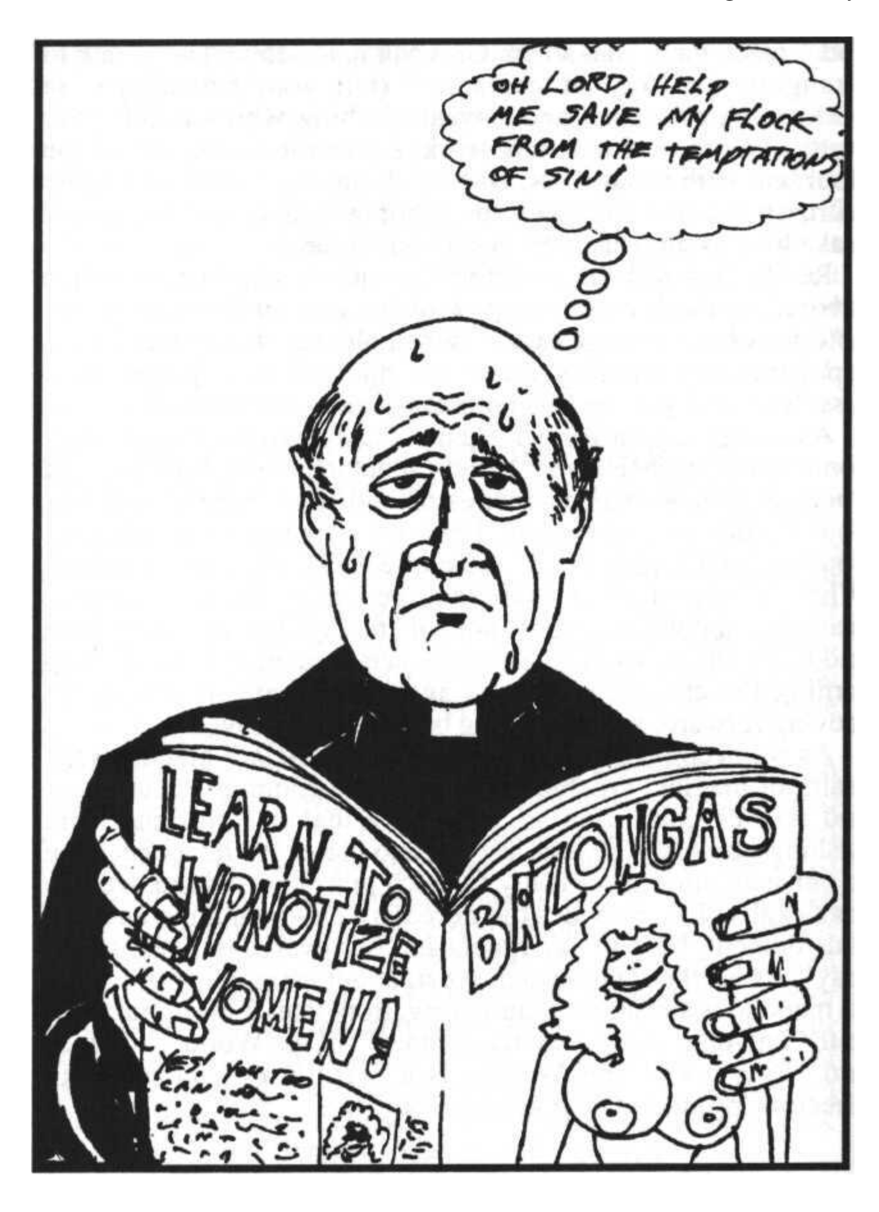
Invoking Eris in your daily life will take some of the tedium out of mundane tasks and greatly speed up your passage into a magickal multiple FUN reality. A good way to start is to break habits and replace them with new ones, then break the new habits

and replace them, and so on. Or, walk in a different way, talk to strangers, act "out of character" (tell your friends you're performing an experiment), wear clothing which is not your style, explore new routes to work, eat exotic foods, eat on the floor, eat without utensils, write with the hand you don't write with, try to believe in ideas you abhor (except during elections), make love to someone who is not your "type".

Really. Sex with "unattractive" partners is said to have been a favored method of self-concept disintegration for at least one notorious brain-change expert. When pleasure is combined with repulsion, two contrary values are married, your judgment is dissolved, and you are lifted beyond duality into oneness.

As you give your former "static" reality various Erisian jolts, continuously question your beliefs about the world, your ideas of yourself, your goals and desires. Be brutally "honest" and beg your friends to do the same. Find out where you are and why; you can search your "soul" more effectively than any therapist. What is important is that you recognize the foundations, scaffolds, and walls of your "normal" reality; and demolish them and build anew. To maintain residence in magickal reality keep turning the channel again and again and again. If you're not moving forward, you're moving backwards! Evolve!

As we become expert brain-change technicians and enter the realm of magick, synchronicities become common occurrences and wishes come true so frequently that one refrains from wishing carelessly. Things just fall into place. We no longer have to put aside time specifically for such practices; instead, we live magickally. Eris provides the necessary dis-orientation and dis-illusionment, both in our rituals and our everyday lives, so we may cast off the shells which separate our essential spark, in all its marvelous and ancient luminosity, from that of everything else in the universe. And so we realize that "All the World's a Stage" and "Every Man and Woman is a Star," thus becoming the directors, producers, and actors of our lives.


OH LORD, HELP ME SAVE MY FLOCK FROM THE TEMPTATIONS OF SIN!
LEARN TO HYPNOTIZE WOMEN!
YES! YOU TOO CAN
BAZONGAS

Chapter Thirteen
WHO OWNS THE PLANET EARTH?

Good and Evil As Primitive "Natural Law"

The Scene: The Space Ship Enterprise

The Question: Kirk to Spock—Who owns the Planet Earth and its Inhabitants?

The Answer: Spock to Crew—Those who have the Power to define. The ownership of the Planet has changed hands a hundred times. I think if you trace the papers back far enough you will find that one of the first owners was called Jehovah.

The earthlings had an interesting habit of dividing up ownership through wars and then marking their territory on little pieces of paper. The inhabitants of each territory thought they were superior to their neighbors.

They conducted primitive genetic practices. The conquered regions were used as experimental breeding grounds. When they ran out of new frontiers and artificially attempted to stabilize the planet, there were four fundamental classes, the Intelligent and Powerful the Status Quos, the Poor and the Criminal. When they invented space travel, the Powerful and the Criminals left, the Poor died, and the ownership of the planet passed to the Status Quo. They in turn reinvented the same four classes and the ownership is again up for grabs. The majority of problems on the planet are a result of the idea that human beings are not sovereign and autonomous but property owned by abstractions such as Gods and governments.

It is important to remember when visiting this planet that words, things, and thinking are viewed as the same. A little story may convey the idea. "There once was a room with no door. In the room sat a man. He was so depressed that he could not find a door that he was on the verge of committing suicide by jumping out of one of the windows. But, when he looked out the window and saw that they were only one foot from the ground, he grew even more depressed. He said to himself, 'It is bad enough that there is no door from which to exit, now I find that I can't even gain my freedom by committing suicide.'" The planet we are

about to visit responds to words with the same neuro-physiological reaction as a real event. Be cautious, it is dangerous down there.

SCENE TWO

The Dawning of popular Western Metaphysics (Or the History of Metaphor) is best expressed by the story of the Tree of Knowledge, when the undifferentiated blissful world of the Garden of Eden was suddenly split into two. Adam and Eve's act of disobedience bore from a womb of peace, a world divided in two, a world where the Master now hated the object on which He craved to bestow His Love. Rejecting God's Love, man became a debtor who couldn't repay the loan, and his future was mortgaged to pay the interest.

The primal set of opposites, *good* and *evil,* sprang from *disobedience,* the well-spring of God's greatest gift, man's vaulted free will. But it is the very *use* of this "gift" which inescapably gives birth to shame, guilt, original sin and planetary bankruptcy. "Intention transforms an Accident into a Crime." God gave man free will. God put the tree in the garden and God told man not to touch it. If, as Genesis says, God wished only to bestow his love on Man, what kind of God would set up such a lawyer's trap?

Expelled from paradise into a world of struggle and misery, forever cursed for his primal choice, man blindly accepted the verdict and obligation.

From the idyllic world free from pain, man found himself in the world of Becoming, of differences and similarities, of epistemology, and of language, a tool which could cut in two directions at once. The ancient Hawaiian's have a proverb which says, "In language is life and death."

From the simple myth of Eden with which almost every child is familiar, sprang a world view which, in its extreme, is represented by television evangelism. God is a landlord—indeed a slumlord—but always a Lord. Man is an ungrateful, rebellious slave who can never pay his debt, except possibly by complete obedience, casting his mind and nature into the "caring" hands of his frustrated creator.

SCENE THREE

Philosophy has "enjoyed" centuries of speculating on the fruits of the Primal Disobedience—The emergence of the Opposites. Some of these have been Nature/Nurture, Free Will/ Determinism, Skepticism/Faith Good/Evil, Being/Becoming, Whole/Part, Real/Apparent, Mind/Body Physical/Spiritual, Man/God and other meta-morsels.

Any intelligent human being could simply re-create the entire history of human existence by plotting the Opposites, both as independent grids and as interactive forces. In fact we could "diagnose" or mirror an individual and an entire culture by simply understanding which position on each scale a group worships and idolizes. For example, the Chinese believe in fate, Americans believe in free will.

It Is Amazing How Something Can Evolve From Nothing

Opposites have served as an epistemological training ground for metaphysicians who could demonstrate their superiority by turning an apple into an orange. Of course, only those divinely ordained to understand the "true" meaning of these terms could participate in the sport. The rest stood in awe and worshipped those who had the ability to understand and apply logic to the dark and mysterious world(s) of Being and Becoming. In fact, today we call these, Gyrations and Viewpoints, all of which of course hold equal value. In today's New Age if something has "substance", it is suspected of evil.

The problem of opposites lies in the inadequate information gained from the Tree of Knowledge. (See the story of the man in the room above.) When man learned about good and evil he did not learn how empty words are like a container that can be filled with various liquids.

Like a child who receives an airplane for a present, and is so delighted and overwhelmed by the joy of the wheels, he never learns that the plane could also fly. The utter emptiness of words gave man an opportunity to fill them with whatever he wished, while at the same time believing the words had substance and existed independent from his own creative efforts.

The Opposites have served as a primitive model of classifying, ordering and "understanding" the universe. The problem lies in

the fact that Opposites do not exist apart from the mind (or, each other). Anything "understood" by Opposites can equally and probably better be understood in terms of scales such as, so much of X or Y. The process of thinking in Opposites create an illusion of Opposition, a world of Conflict, which in fact may not exist independent of our beliefs.

In other words, the notion of opposites is not a "Natural Law", but simply a primitive survival device with many interesting and dangerous uses. If we carefully examine our history we will find that man has torn himself apart with his belief in the REALITY and NECESSITY of Either/Ors.

For the man in the street, the philosophies of opposites, particularly Good and Evil, have served as a torture chamber, a crucifix made from metaphor. Thrust into a world which views him as the property of Gods and States and overwhelmed by an un-repayable debt, the metaphysics of slavery and the facts of pain, pleasure and death; bolstered by science, whose theories have become the whores of the state, man is now informed that he is ill. The proof of this is his refusal to submit completely. The world debt is due to his saying "no" to total slavery. He will not obey. We are at War, and man is the enemy; the question is: Who is on the other side?

Original sin is now ALSO translated into sickness, calling for a new and scientific priest craft. Man is sick, addicted, lame, and dangerous, needing constant protection and supervision by the state, insurance companies, and a never-ending parade of caring, licensed professionals. We are told over and over again that man's illness and addictions are costing US billions. Man, the slave/resource, is causing US trouble, he is interfering with OUR Plans. Man's debt has now increased a billion-fold. Those who question the "plans" or the sanity of the metaphors in play, are diagnosed as morally unfit or mentally ill.

SCENE FOUR

Evil emerges as a metaphor which refers to those who refuse to accept the Plan—the prevailing Garden of Eden—created by God so She may bestow Her Love and Grace. If man refuses he must be force-fed.

What makes the notion of Evil and Good work is the belief that the words have substance independent of the workings of man's own mind and his uncanny need and ability to create FINAL CAUSES.

All that is required for metaphysics to function, to perform its magic, is any unanswered question which can be associated with fear and pain. What makes a leader is someone who claims that he can fill the void.

THE NEXT SCENE

While most humans will agree that slavery is evil—that the ownership of one human by another is immoral—few humans will equate slavery with enforced education, welfare, health, and the idea of a perfect orderly universe. Slavery is usually associated with power over others and with the ability to enforce one's will on another without the fear of retaliation. Within the "right" of ownership and debt there is a hidden mystery, a metaphysics, a knowledge only available to those with the power to create and enforce their metaphysics. Whenever a new group achieves power, they also inherit the metaphysics, and magically, the ability to use it.

However, an interesting twist has taken place in the entire slave/master paradigm. Enforced education, welfare, health, **are for our own good and it is our duty to submit to the treatment** This is immediately followed by the platitude *that all these laws are necessary for the smooth functioning of society, which, of course, we all observe daily. Without someone to run the show we would have chaos and disorder.* This is followed by a SMILE, and the statement that "things could be worse."

Modern slavery is not simply a "Thou Shalt Not," but numerous "Thou Shalts." Many liberated humans even believe that it is the obligation of the Masters to care for their Slaves. Of course, what is different is the title-word "citizen" and that today's *sophisticated* redistribution of power shows no blood during family hour TV.

We can begin to scent the meaning of evil. It smells of change, contradiction, uncertainties. It is the **lack of** stability, becoming; the **opposite of** order, being, peace, the good. Here the confusion coincides with physiology. We have mixed the whole

thing up. We have confused the physiology of comfort, the cognition of stability, beliefs as truth, predictable futures, statistics—with the *idea* of a Morality. In other words, while chaos, disorder, change and destruction are integral and necessary elements of life on this heavy G planet, we abhor its realization and worse yet, its *Existence.* This requires the postulation of its opposite as an Ideal, a heaven juxtaposed against earth. A God who loathes his Creation. From this has evolved a need to group act, to over-control and "normalize." We are simply No-Good Shits—by Definition.

From this we have created the Idea of the one God, separated from his creation by Evil. The new slavery, unlike the old, not only *guarantees* that the slave will be punished if he transgresses, but also *guarantees* stability, order, health and education—by decree. The new slave must let God (State) bestow care and supervision onto her, in order to ensure the continuing "safe" functioning of the person as resource. If the person refuses, denies the right of the Master and his Plan, the person is Evil. It is important to remember (the story of Job stresses this), Evil cannot be a characteristic of the Master, only the Slave. When the slave gets smart she reverses the process.

Mind and Will are exchanged for a *guaranteed* future. But even a modern slave cannot tolerate the complete awareness of the exchange. Acknowledging his cowardice and slave mentality would offend his "pride." To cover up the trade, we require more fictions and ideologies.

We now search for the enemy of stability, as if it had a face, an identity, other than life itself.

And our search for those who cause the discomfort is directed at the rebels: those who dare to question—or **have to** question—the cage of stability.

The rebel, the one who sought and tamed new frontiers, once revered as hero and mystic, is now turned into the sociopath. This transformation from hero to devil is partially a result of the stability demanded by those who come after him (the middle class) to live off the fruits of his courage and struggle, the mass which comes to fill the world carved by those who thrived on nature's unpredictable chaotic qualities. Once the frontier is "tamed" Status Quo moves in and demands order. A place where

they can build their nests and ensure the betterment of their genetic coils. Morality is in fact an invention for the Middle Class. It creates a notion of order and justice in the world. The truly Powerful do not require these fictions and the Poor...well, they know better.

What of the rebel now? If lucky, he became wealthy and powerful, and with that, mobile, able to keep out of reach of those who require tranquillity and predictability in order to breed. If unlucky, he is forcibly exiled, jailed or murdered.

However, this is not the end of the story, for Nature "knows" that it cannot survive without the rebel. She is born again and again, and when born into stability, taming is difficult. The child is incorrigible, delinquent, hyperactive, requiring Ritalin, psychotherapy, special education. If lucky, the child escapes with the deep scars of guilt, shame and self-hatred, but at least having a chance to find its own frontier. If unlucky, the child is tortured, jailed, or suffers from never-ending despair.

When there is no frontier for the rebel, the soul of a society begins to suffer. Some, like Wilhelm Reich, contend that the culture can itself be diseased. He referred to this as the Emotional Plague. In the end he was proven correct, not simply by the culture, but by individuals who embodied the repressed counterparts of an ideal.

According to Jungian tradition the manifestation or experience of evil results from the repression of both the personal and the collective *shadow,* sometimes resulting in physical manifestations such as Hitler, regarded in this age as the Epitome of Evil. However, what is the cause of this repression but the Ideal itself? In face of this intimation, why still worship the Ideal?

As Nietzsche so beautifully put it, the ideal of truth posited by the Christian world, was the value which overturned it. Can we say that our **fear and denial** of instability or disorder (which in my view is the result of a lack of belief in ourselves as anything but a slave race), be perceived as **more** devastating than chaos and instability itself? The attempt to destroy evil, in and of itself, is an attempt to destroy life. Accepting that disobedience was the first evil, it follows that any attempt to destroy dis-obedience is an attempt to destroy life. I believe that even the rebel Jesus would agree that his acts of dis-obedience were perceived as evil

by the establishment Rabbis, who used the notion of evil to destroy him.

Perhaps, if we wish to understand what a "civilized Christian society" means by Evil, we should dilate on Hitler's aspirations. He saw himself on a Messianic mission to purify and help his definition of perfected man evolve and rule the world. He saw himself and his followers as the Masters and the rest of the world as slaves. He was willing to do anything to see his vision fulfilled, including Usurping the Power of Mass Murder from God (see the Flood). And remember, Usurping itself is a Great Sin.

He performed his willful acts openly and told the world what his intentions were. He brought to consciousness a picture of mass evil (something which everyone else was doing, but behind more-or-less closed doors). Was his Sin any different when compared to Stalin, Mao, Alexander, Ghengis Khan, the Christian and Islamic inquisitions, and the hundreds of other cultures, civilizations and religions which have thought of themselves as Chosen, on a Mission, superior and willing to murder for the Ideal? Could we say then, that his evil was simply *losing,* or was it the "more important" fact that he employed violence? If so, what of the American Indian and other races and cultures destroyed by the Christian notion of a pure white race. And what of the Blacks in America? No, most humans would argue that Hitler's evil was something more. What was it? It may have been because it happened in our own time, it was blatant, he lost the war, he crossed his genetic borders, or attacked the "chosen people" or ??

[As an aside, I would like to inform the reader that some individuals, after reading this, have asked me if I was a National Socialist simply because I used Hitler as an example!]

The word Evil functions in such a way as to allow one group to justify its own atrocities and make them noble. By dealing with such a powerful metaphysical abstraction (one which is physiologically associated with pain, fear, trembling and survival), it is an easy step to the performance of an act such as "execution," with the sense of moral righteousness and vindication. It is not a man who is being executed, it is Evil. It is

the void filled with all the imagination and terror of a cowardly "adjusted" Status Quo man.

What is the psychological effect on the slave of the following two statements?

1) We will execute anyone who disobeys.
2) We will execute anyone who is evil.

As Nietzsche has shown, evil is an intention serving a purpose. It allows one group to justify its **will to power** over another, just as it has been used to intimidate most men.

REBELS AND DEVILS

The rebel with a cause is the person who risks the label of evil when she attempts to remove, or go beyond, the categories of limitation currently believed. Just like the notion of the four minute mile, which somehow became eternally defined as an Absolute, the rebel with a cause challenges arbitrary definitions, commandments and rules, which are believed to be Absolute. Some of these are death, gravity, limitations of the body and intelligence.

What we do and how we feel is a function of believing in fictitious limitations which have no basis except in belief.

Good and Evil—and Opposites in general—are primitive devices used by our minds to order the universe, and in my view, create an atmosphere of conflict which might not otherwise exist. The meaning and truth ascribed to the various pairs of opposites—including such famous arguments as Nature/ Nurture—are a function of Who has the Power to create Definitions and, thereby, Offenders.

If the human mind requires "evil" in order to function, let it be death, stupidity, gravity and disease. If the human mind requires the notion of "good," let it be ceasing the primitive process of projecting our Greatness onto Idols—accepting Evil onto Ourselves.

WHO OWNS YOU?

The table below shows three models of OWNERSHIP: The first is the Model of God; the second, derived from the first, is the Model of Society and its Caretakers. The third is the Model of the Cyber-Shaman

OWNERSHIP TABLE
WHO OWNS WHOM?

MODEL ONE	MODEL TWO	MODEL THREE
GOD	SOCIETY & ITS CARETAKERS	THE CYBER-SHAMAN
God OWNS Man	Society OWNS Man	Man OWNS Hirself
God is the Center and Perfect	Society is the Center and Perfect	Life is the Center
Man is Sinful	Man is Sick	Man is ?
Religion	Law	Philosophy
Priest	Politician/Doctor	Cyber-Philosopher/ Adventurer
Sin/ Pathology	Pathology & Rebelliousness	Functionality & Good Will
God is Studied	Man is Studied	Life is Studied
One Up/ One Down	One Up/ One Down	Shifting Systems of Probabilistic Truth
Oppression	Oppression	Essential Cooperation
Adaptation to God's Will	Adaptation to Society's Will	Grow to Possibilities of Self



"The wife has no rights over her own body, the husband has them." —I Corinthians, 7:4

One purpose of this OWNERSHIP TABLE is to help the individual gain insight into fundamentalist attitudes of OWNERSHIP. Only when man OWNS HIRSELF is the dehumanizing process of slavery non existent. The notion of OWNERSHIP, be it explicit or tacit, is the KEY CONCEPT which determines what is thought of as a problem and what solutions can be offered.

If we accept the Model of the Cyber-Shaman (that man OWNS HIRSELF), 95 percent of the so-called problems—which we read about in newspapers, hear about on the radio, watch on television and discuss with friend—DO NOT EXIST. Thus, all proposed SOLUTIONS for these PSEUDO-PROBLEMS are MEANINGLESS.

The concept of OWNERSHIP starts in the cradle and does not end, even in the grave.

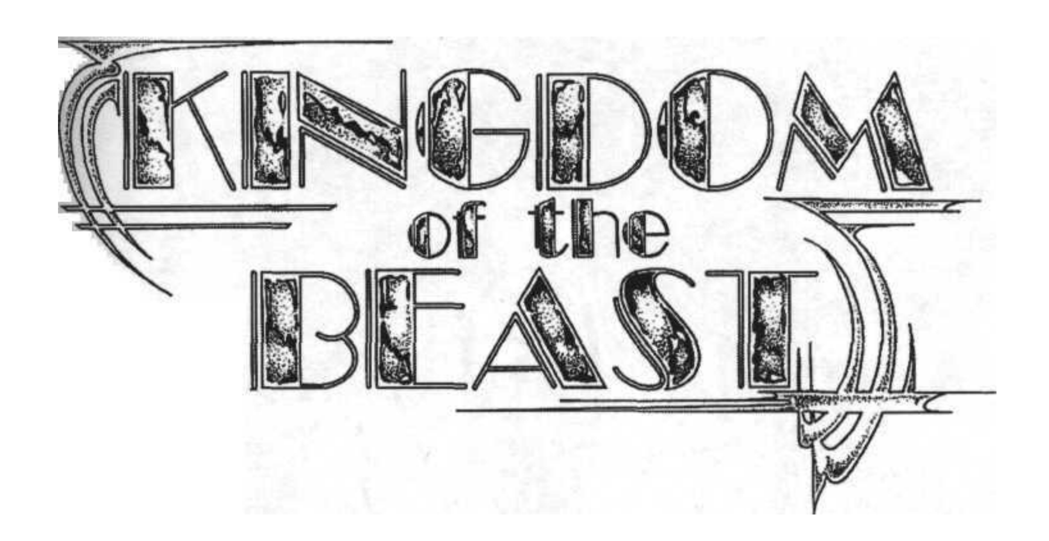
Thus, our solution is not eradication of

OWNERSHIP

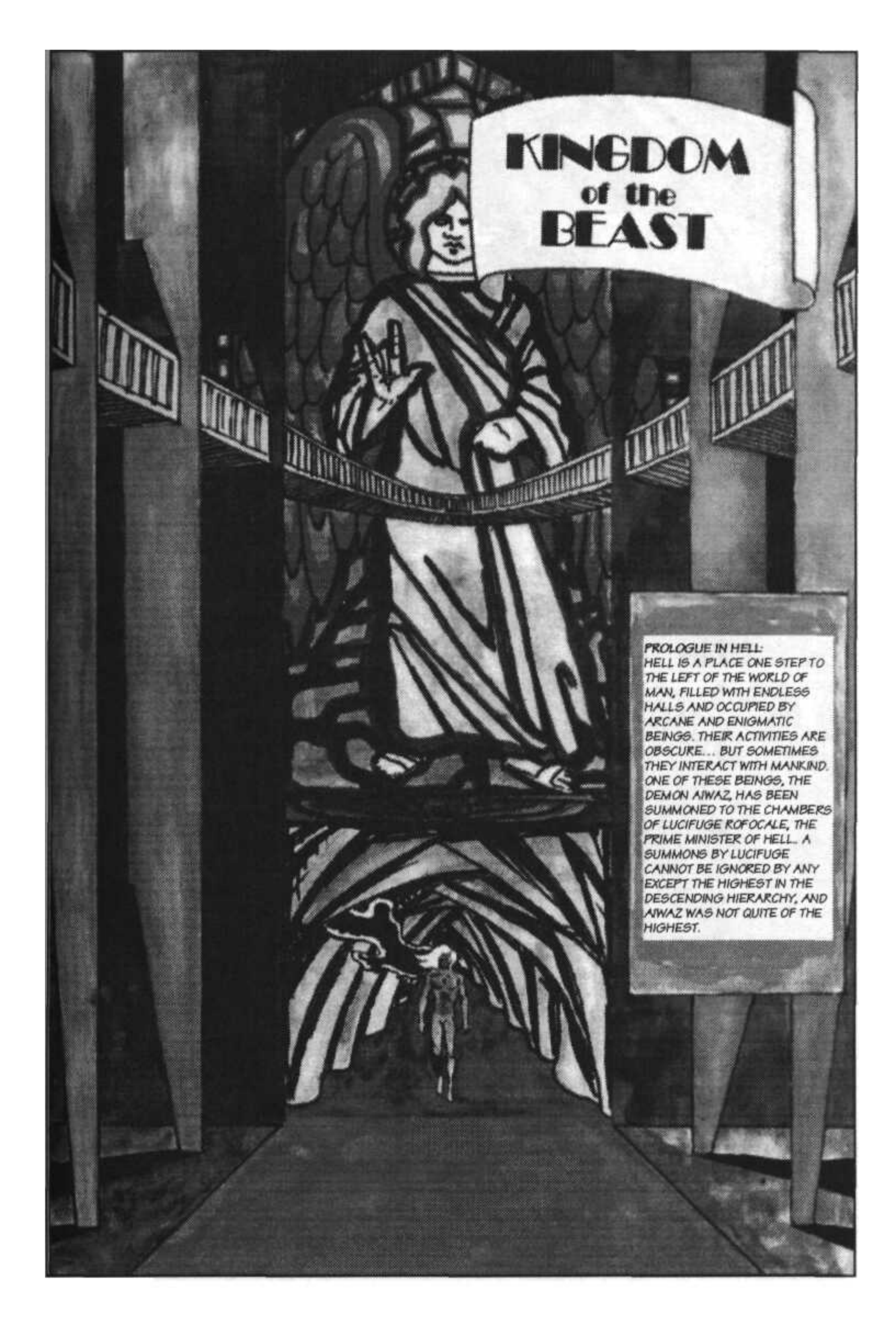
but rather

REPOSSESSING the SELF

Chapter Fourteen






KINGDOM of the BEAST
PROLOGUE IN HELL: HELL IS A PLACE ONE STEP TO THE LEFT OF THE WORLD OF MAN, FILLED WITH ENDLESS HALLS AND OCCUPIED BY ARCANE AND ENIGMATIC BEINGS. THEIR ACTIVITIES ARE OBSCURE... BUT SOMETIMES THEY INTERACT WITH MANKIND. ONE OF THESE BEINGS, THE DEMON AIWAZ, HAS BEEN SUMMONED TO THE CHAMBERS OF LUCIFUGE ROFOCALE, THE PRIME MINISTER OF HELL. A SUMMONS BY LUCIFUGE CANNOT BE IGNORED BY ANY EXCEPT THE HIGHEST IN THE DESCENDING HIERARCHY, AND AIWAZ WAS NOT QUITE OF THE HIGHEST.


IRRITATED AT BEING CALLED AWAY FROM HIS CONTEMPLATIONS, AIWAZ HOPES THAT THIS WILL NOT TAKE VERY LONG.
THE PORTAL GUARDIAN RECOGNIZES HIM AND ALLOWS ENTRANCE.
LUCIFUGE ROFOCALE IS THE PRIMARY ADMINISTRATOR OF THE MAZE OF CONSTRUCTS AND SIDEREAL WORLDS THAT CONSTITUTE HELL. SHORT OF THE INFERNAL TRINITY THEMSELVES, NO INTELLIGENCE WIELDS MORE POWER.


I GREET THE LORD AIWAZ. I HAVE NEED OF YOUR PARTICULAR TALENTS, ESPECIALLY YOUR FLARE FOR DRAMA. I WANT A MAN ENLIGHTENED.
AGAIN? THAT SO RARELY PROVES WORTHWHILE. THEY USUALLY JUST GET THEMSELVES KILLED OR GO OVER THE EDGE. USELESS AS TOOLS REALLY. LIKE THAT OLD GERMAN. . . UH. . .
FAUST.
YES. HIM. WHAT A NEUROTIC.
THIS IS SOMETHING DIFFERENT. WE DID RATHER WELL WITH THAT RUSSIAN WOMAN AND I HAVE SOMETHING PLANNED FOR LATER IN THE CENTURY. MEANWHILE, WE HAVE TO CONVINCE SOMEONE THAT HE'S A PROPHET.
OH, NO! NOT ANOTHER FOOL FOR THE MASSES!
THIS ONE WILL BE EASY. HE ALREADY HAS AN EGO LIKE A RAGING TOOTH. HE WANTS TO BE ANOTHER JESUS OR MOHAMMED, POOR FOOL.
AT THE PRESENT MOMENT, HE IS RATHER DEPRESSED AND VULNERABLE. I WANT YOU TO GO TO HIM. A SORT OF ANNUNCIATION IS WHAT'S CALLED FOR. YOU DO THAT SORT OF THING SO WELL. HE'S BEEN ON AN ORIENTAL KICK, SO A PERSIAN DISGUISE MIGHT BE EFFECTIVE.
HERE'S YOUR SCRIPT. PLEASE COMMIT IT TO MEMORY AND THEN DESTROY IT.
The Law

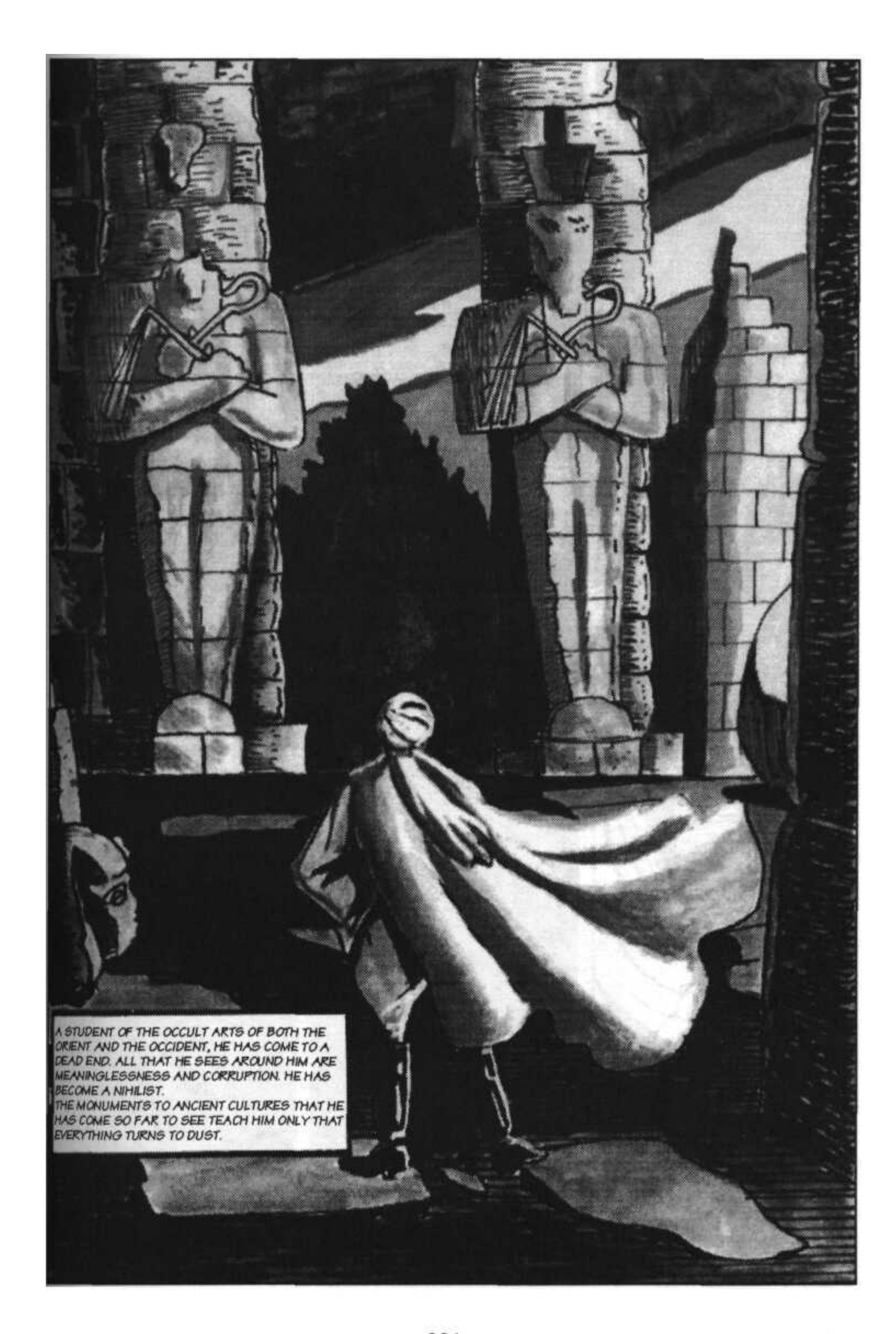




EGYPT, 1904. A MAN WHO WILL LATER CALL HIMSELF ANTHONY CARCER AND HIS NEW WIFE ROSE ARE ON AN EXTENDED HOLIDAY.
DESPITE A MORE THAN ADEQUATE SUPPLY OF MONEY, NOT TO MENTION THE STATUS THAT A BRITISH CITIZEN ENJOYS IN THIS PART OF THE WORLD, HE FINDS HIMSELF BECOMING INCREASINGLY DEPRESSED AND DISILLUSIONED.






A STUDENT OF THE OCCULT ARTS OF BOTH THE ORIENT AND THE OCCIDENT, HE HAS COME TO A DEAD END. ALL THAT HE SEES AROUND HIM ARE MEANINGLESSNESS AND CORRUPTION. HE HAS BECOME A NIHILIST.
THE MONUMENTS TO ANCIENT CULTURES THAT HE HAS COME SO FAR TO SEE TEACH HIM ONLY THAT EVERYTHING TURNS TO DUST.

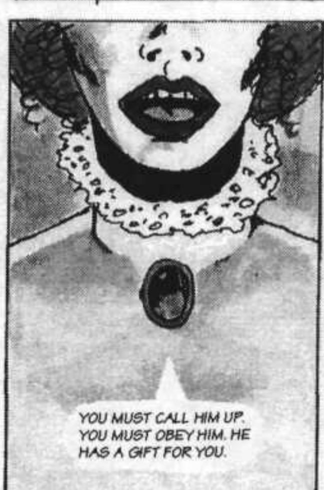

HE HAD TRAVELED THE WORLD AND NEARLY EXHAUSTED HIS INHERITANCE IN SEARCH OF SECRETS THAT HE HAD BELIEVED TO EXIST, HIDDEN FROM THE COMMON HERD.
HE HAD TRIED EVERYTHING, FROM THE SECRET SOCIETIES OF EUROPE TO THE TANTRIK PRACTICES TAUGHT IN THE HUMID FASTNESSES OF INDIA.
THE SECRET SOCIETIES HAD NO SECRETS, ONLY PATHETIC CRANKS, REEKING WITH MORAL PREJUDICES. THE EASTERN PATHS PRODUCED RESULTS, BUT NOT RESULTS THAT HE WANTED.
AND WHILE HE HAD SEEN BLACK MAGIC WORK, IT HAD LED HIM NOWHERE.
MOST DEPRESSING OF ALL, HE HAD GOTTEN HIMSELF MARRIED TO A PRETTY BUT DUMB WENCH.


OHHHH !!


THEY'RE IN MY HEAD...

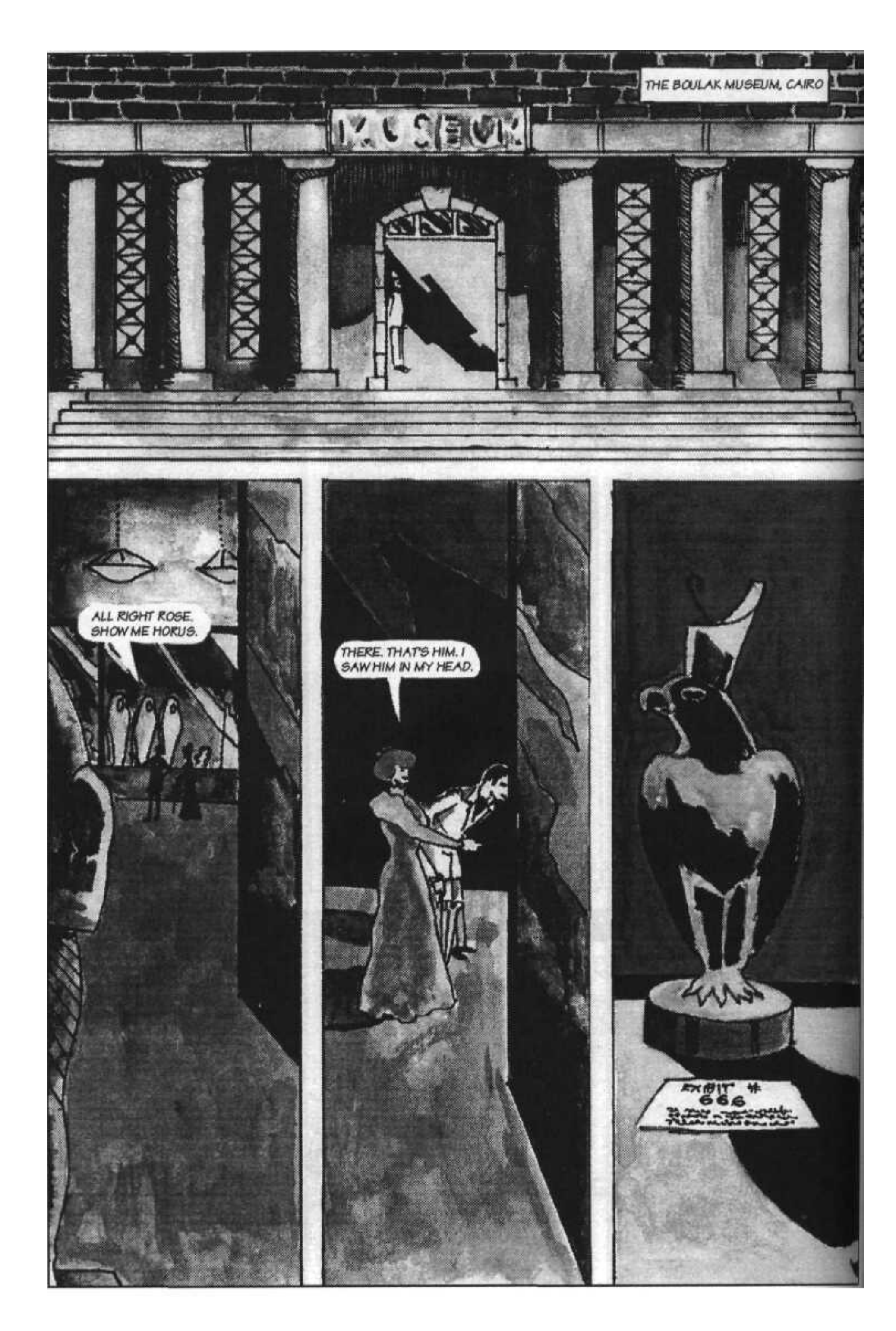

THEY ARE WAITING FOR YOU...


YOU HAVE OFFENDED THE GOD HORUS...


YOU MUST CALL HIM UP. YOU MUST OBEY HIM. HE HAS A GIFT FOR YOU.


....


I'M SORRY. I DON'T KNOW WHAT CAME OVER ME.
OH, ROSE... HAVE YOU BEEN AT THE ABSINTHE AGAIN?


THE BOULAK MUSEUM, CAIRO
ALL RIGHT ROSE. SHOW ME HORUS.
THERE. THAT'S HIM. I SAW HIM IN MY HEAD.
666


THEE I INVOKE, THE BORNLESS ONE.
THEE THAT DIDST CREATE THE EARTH AND THE HEAVENS.
THEE THAT DIDST CREATE THE NIGHT AND THE DAY.
THEE THAT DIDST CREATE THE DARKNESS AND THE LIGHT.
THOU ART ASAR UN NEFER, WHOM NO MAN HATH SEEN AT ANY TIME.
THOU DIDST FORM MEN TO LOVE ONE ANOTHER AND TO HATE ONE ANOTHER.
SATAN, THOU EYE, THOU LUST! SATAN, THOU EYE, THOU LUST! SATAN, THOU EYE, THOU LUST! THOU SELF-CAUSED, SELF-DETERMINED, EXALTED, MOST HIGH!
HEAR ME... UHHHH!


TAKEN OFF GUARD, HE IS POSSESSED BY A RUSH OF ARCHETYPES MORE POTENT THAN ANYTHING THAT HE HAS EVER EXPERIENCED.
HIS BODY GOES NUMB, AND HE IS OVERWHELMED BY HORRORS FROM THE ASTRAL PLANE, THROUGH WHOSE LEGIONS HE MUST PASS TO REACH WHAT IS DRAWING HIM.


THEN, FEELING AS THOUGH EVERY SYNAPSE IN HIS BRAIN HAS BEEN FRIED, HE IS SUCKED INTO A HIGHER LEVEL. HIS BODY DISSOLVES. HE IS PURE MIND.
WITH A POINT OF VIEW BODILESS AND EXPANSIVE, HE IS CONFRONTED WITH THOSE GREAT BEINGS WHO OPERATE NATURE. THE BLACK GOAT OF THE WOODS WHO PRESIDES AT THE WITCHES SABBAT... THE PITILESS EYE OF THE SUN, SOL INVICTUS... THAT GIVES LIFE WITH GENTLE WARMTH AND KILLS WITH BLASTING HEAT... SERAPIS, THE DIVINITY OF THE CORN THAT BRINGS THE CROPS TO FRUITION.
...AND THEY TOLD HIM THINGS... THEY TOLD HIM TO PREPARE A ROOM... TO MAKE A SACRIFICE... AND TO GIVE A NEW REVELATION TO THE WORLD.


ROSE, GET A WASTEBASKET, I THINK I'M GOING TO PUKE.
ARE YOU ALL RIGHT DARLING?
GET THE WASTEBASKET ROSE.
I'VE JUST HAD THE MOST INTENSE EXPERIENCE OF MY LIFE. THERE ARE SOME THINGS I NEED FOR YOU TO DO FOR ME RIGHT AWAY.
ANYTHING YOU WANT DEAR.
I WANT YOU TO CALL THE DESK AND SEE IF I CAN GET ONE OF THE BUSINESS SUITES FOR TWENTY-FOUR HOURS. I WANT LUNCH SET UP, BUT AFTER THAT, I DONT WANT TO BE DISTURBED. SEE IF YOU CAN GET ONE IN THE WEST WING. IT'S MOSTLY EMPTY AND I DONT KNOW HOW NOISY THIS MIGHT BE. AND ROSE . . .
YES DEAREST?
BRING BACK THAT WASTEBASKET.





A DAY LATER, IN THE QUIET ROOM RESERVED, THE INSTRUCTIONS HAD BEEN FOLLOWED.
THE BASIC IMPEDIMENTA OF MAGIC HAD BEEN LAID OUT, BUT LACKING... ACCORDING TO INSTRUCTIONS... CERTAIN THINGS. THERE WAS, FOR EXAMPLE, NO CIRCLE OF PROTECTION AND THERE WERE NO CEREMONIAL ROBES OR PERFUMES.
THERE WAS A DESK, WITH CERTAIN THINGS LAID ON IT.
THERE WAS A GOAT, PURCHASED AT THE BAZAAR, WHOSE SLIT THROAT HAD STAINED A CARPET THAT WOULD UNDOUBTEDLY HAVE TO BE PAID FOR.



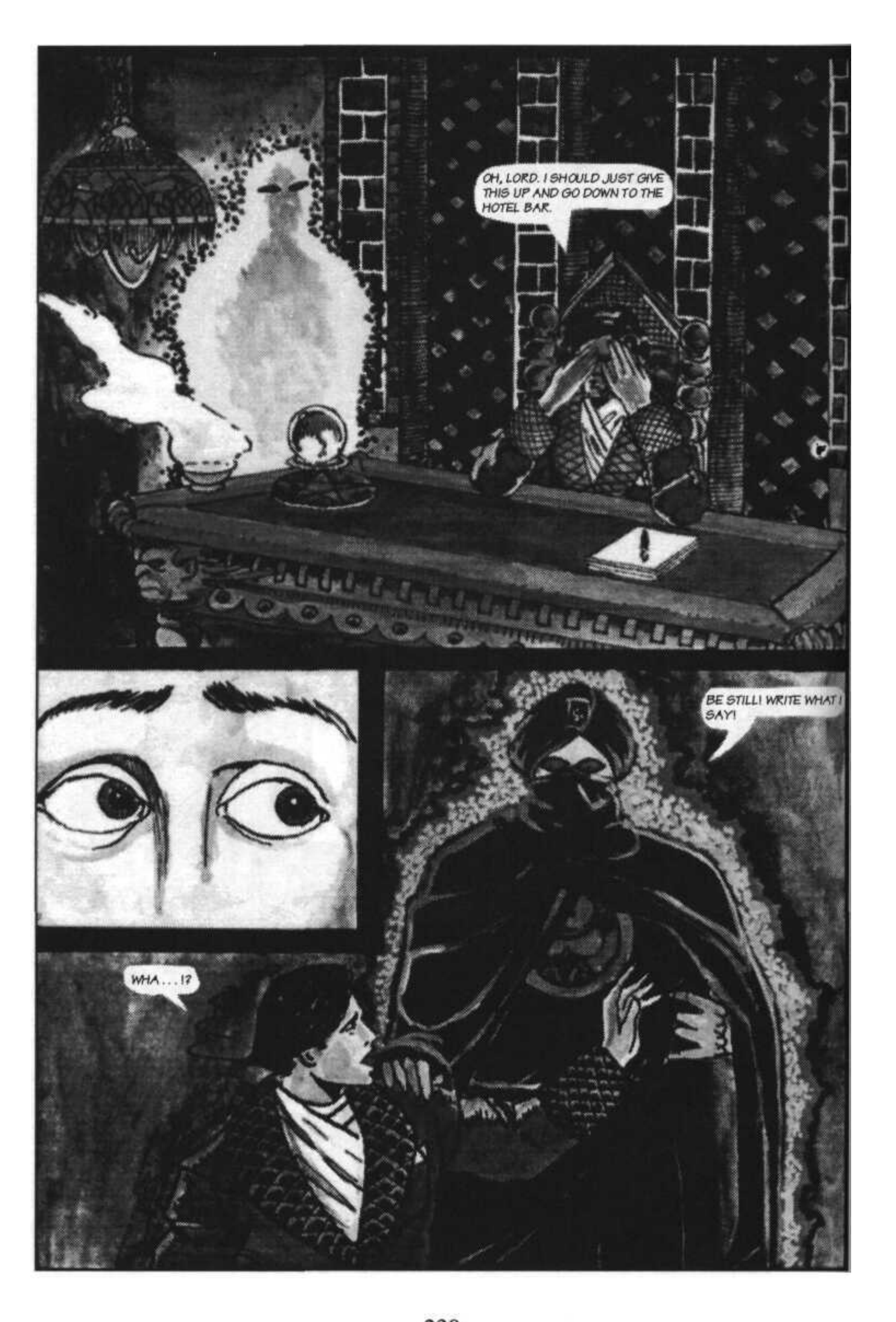
...AND THERE WAS A WHOLE HELL OF A LOT OF WAITING.
HE HAD BEEN AT THIS SINCE NOON AND IT WAS NOW SEVEN. HE HAD HAD A BAD LUNCH AND KILLED WHAT MUST HAVE BEEN THE SMELLIEST GOAT HE HAD EVER HAD THE MISFORTUNE TO HAVE ENCOUNTERED. HE WAS TIRED, HE WAS COLD AND AT THIS POINT HE DIDN'T BELIEVE ANY OF IT.
DAMN THAT ROSE!
NOT ONLY WAS SHE BECOMING A DIPSOMANIAC, BUT HER HALLUCINATIONS WERE STARTING TO INTERFERE WITH HIS LIFE!










OH, LORD. I SHOULD JUST GIVE THIS UP AND GO DOWN TO THE HOTEL BAR.
BE STILL! WRITE WHAT I SAY!
WHA . . . !?


BEHOLD! IT IS REVEALED BY AIWAZ, THE MINISTER OF HOOR PAAR KRAAT! LET MY SERVANTS BE FEW AND SECRET; THEY SHALL RULE THE MANY AND THE KNOWN!
NOW YE SHALL KNOW THAT THE CHOSEN PRIEST AND APOSTLE OF INFINITE SPACE IS THE PRINCE PRIEST, THE BEAST; AND IN HIS WOMAN CALLED THE SCARLET WOMAN IS ALL POWER GIVEN. THEY SHALL GATHER MY CHILDREN INTO THEIR FOLD; THEY SHALL BRING THE GLORY OF THE STARS INTO THE HEARTS OF MEN.
THIS THAT THOU WRITEST IS THE THREEFOLD BOOK OF LAW.

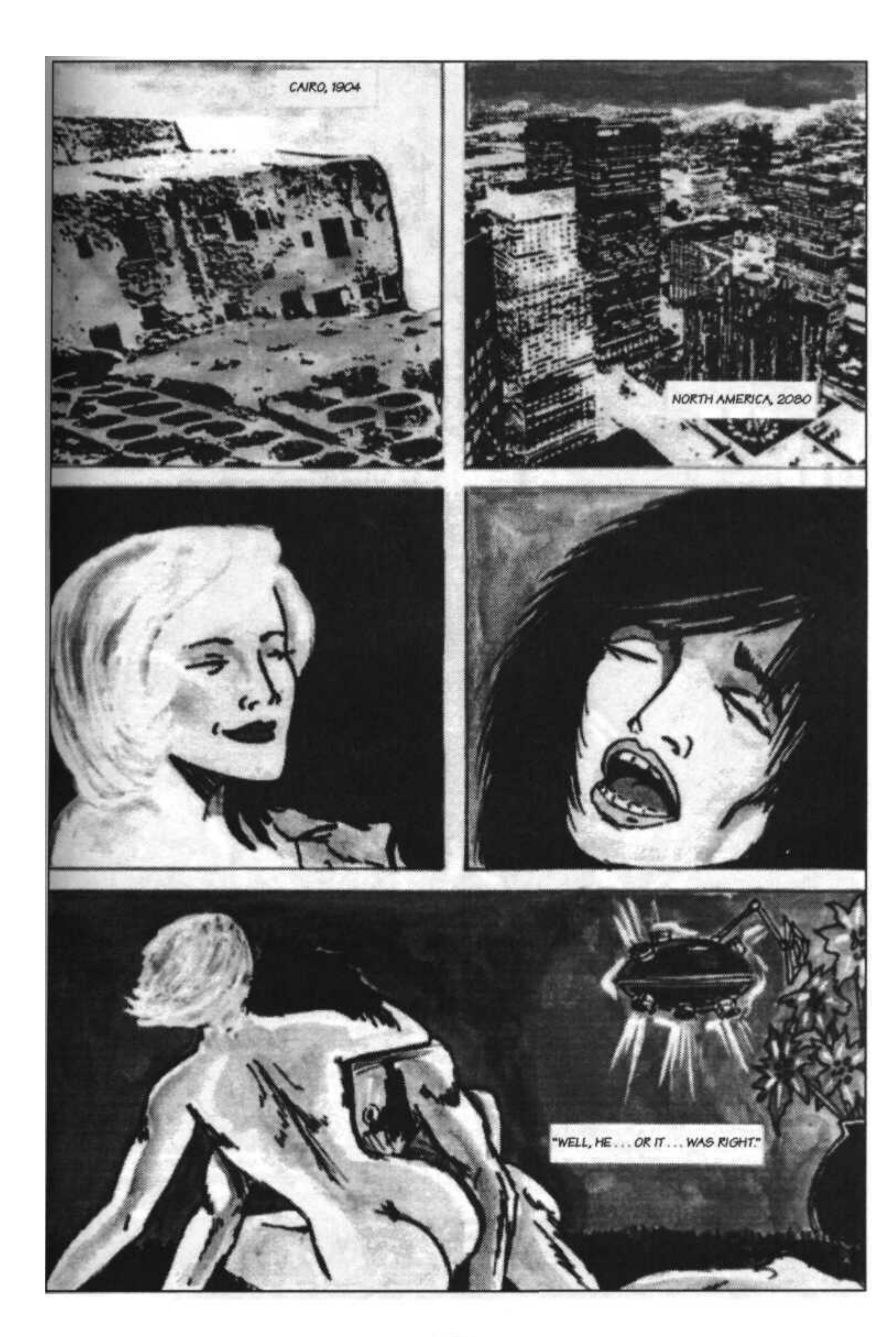

CORPUS CHRISTI
WITH THY ALL; THOU HAST NO RIGHT BUT TO DO THY WILL. DO THAT, AND NO OTHER SHALL SAY NAY. FOR PURE WILL ASSUAGED OF PURPOSE, DELIVERED FROM THE LUST OF RESULT, IS EVERY WAY PERFECT. BEHOLD! THE RITUALS OF THE OLD TIME ARE BLACK. LET THE EVIL ONES BE CAST AWAY; LET THE GOOD ONES BE PURGED BY THE PROPHET! THEN SHALL HIS KNOWLEDGE GO ARIGHT.


THERE IS A GREAT DANGER IN ME; FOR WHO DOTH NOT UNDERSTAND THESE RUNES SHALL MAKE A GREAT MISS.
HE SHALL FALL DOWN INTO THE PIT CALLED BECAUSE, AND THERE HE SHALL PERISH WITH THE DOGS OF REASON.
NOW A CURSE UPON BECAUSE AND HIS KIN!
MAY BECAUSE BE ACCURSED FOREVER!
IF WILL STOPS AND CRIES WHY, INVOKING BECAUSE, THEN WILL STOPS AND DOES NOUGHT.
IF POWER ASKS WHY, THEN IS POWER WEAKNESS.
I AM THE SNAKE THAT GIVETH KNOWLEDGE AND DELIGHT AND BRIGHT GLORY, AND STIR THE HEARTS OF MEN WITH DRUNKENNESS.
TO WORSHIP ME TAKE WINE AND STRANGE DRUGS WHEREOF I WILL TELL MY PROPHET, AND BE DRUNK THEREOF! THEY SHALL NOT HARM YE AT ALL.
IT IS A LIE, THIS FOLLY AGAINST SELF.
THE EXPOSURE OF INNOCENCE IS A LIE.
BE STRONG, O MAN! LUST, ENJOY ALL THINGS OF SENSE AND RAPTURE: FEAR NOT THAT ANY GOD SHALL DENY THEE FOR THIS.


NOW LET IT BE FIRST UNDERSTOOD THAT I AM A GOD OF WAR AND OF VENGEANCE. I SHALL DEAL HARDLY WITH THEM.
CONQUER! THAT IS ENOUGH.
WORSHIP ME WITH FIRE AND BLOOD;
WORSHIP ME WITH SWORDS AND WITH SPEARS.
LET THE WOMAN BE GIRT WITH A SWORD BEFORE ME: LET BLOOD FLOW TO MY NAME.
TRAMPLE DOWN THE HEATHEN; BE UPON THEM, O WARRIOR, I WILL GIVE YOU OF THEIR FLESH TO EAT.
MERCY LET BE OFF: DAMN THEM WHO PITY!
KILL AND TORTURE; SPARE NOT; BE UPON THEM!
I AM THE WARRIOR LORD OF THE FORTIES: THE EIGHTIES COWER BEFORE ME, AND ARE ABASED.
I WILL BRING YOU TO VICTORY AND JOY: I WILL BE AT YOUR ARMS IN BATTLE AND YE SHALL DELIGHT TO SLAY.
SUCCESS IS YOUR PROOF; COURAGE IS YOUR ARMOUR; GO ON, GO ON IN MY STRENGTH AND YE SHALL TURN NOT BACK FOR ANY.
♂


I AM IN A SECRET FOURFOLD WORD, THE BLASPHEMY AGAINST ALL GODS OF MEN.
CURSE THEM! CURSE THEM! CURSE THEM!
WITH MY HAWKS HEAD I PECK AT THE EYES OF JESUS AS HE HANGS UPON THE CROSS.
I FLAP MY WINGS IN THE FACE OF MOHAMMED AND BLIND HIM.
WITH MY CLAWS I TEAR OUT THE FLESH OF THE INDIAN AND THE BUDDHIST, MONGOL AND DIN.
BAHLASTI! OMPEHDA! I SPIT ON YOUR CRAPULOUS CREEDS.
LET MARY INVIOLATE BE TORN UPON WHEELS: FOR HER SAKE LET ALL CHASTE WOMEN BE UTTERLY DESPISED AMONG YOU!
THERE IS NO LAW BEYOND DO WHAT THOU WILT.
I AM THE HAWK-HEADED LORD OF SILENCE AND OF STRENGTH; MY NEMYSS SHROUDS THE NIGHT BLUE SKY.
I AM THE LORD OF THE DOUBLE WAND OF POWER; THE WAND OF THE FORCE OF COPH NIA . . .
BUT MY LEFT HAND IS EMPTY, FOR I HAVE CRUSHED AN UNIVERSE; AND NOUGHT REMAINS.


THE ENDING OF THE WORDS IS THE WORD ABRAHADABRA. THE BOOK OF THE LAW IS WRITTEN, AND CONCEALED.
THE PROPHET SHALL RECEIVE A MARK OF OUR FAVOR, AND AS VANGUARD OF THE NEW WORLD, SHALL NOT DIE, BUT HAVE ETERNAL LIFE.
SHALL I ORDER DINNER DARLING?
JUST SOME COLD FOWL ROSE.
DID ANYTHING HAPPEN?
OH YES, SOMETHING HAPPENED ALL RIGHT.
THAT'S NICE DEAR. SWEETHEART?
WHAT ROSE?
WELL, I KNOW HOW WILLFUL YOU ARE, BUT DON'T YOU THINK YOU SHOULD HAVE CONSULTED ME BEFORE YOU GOT THAT TATTOO?
WHAT TAT . . . ?

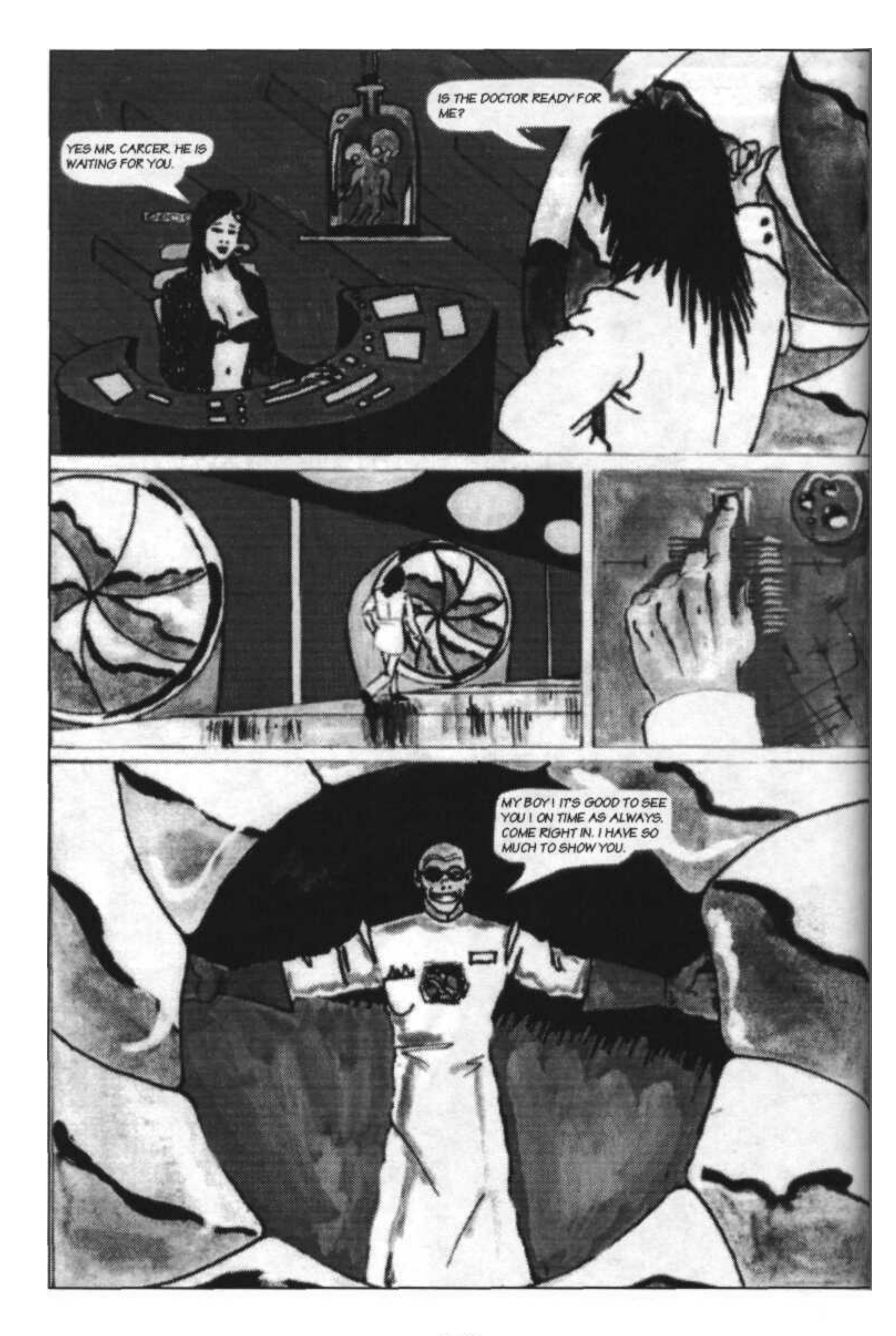

CAIRO, 1904
NORTH AMERICA, 2080
"WELL, HE . . . OR IT . . . WAS RIGHT."


"THE TATTOO WAS PRETTY CONVINCING OF COURSE. BUT I KNOW VERY WELL THAT THAT KIND OF THING COULD BE PRODUCED BY HYPNOSIS OR HYSTERIA. STIGMATA, THAT SORT OF THING."
"I REGARDED IT AS SOME KIND OF MARK OF FAVOR. I FANCIED MYSELF THE GREAT BEAST OF THE APOCALYPSE AND WHEN THE FIRST WORLD WAR ROLLED AROUND, I THOUGHT THE APOCALYPSE HAD COME. IT CAME ONLY FOR GERMANY THOUGH AND I WOULD LIVE TO SEE THE FAVOR RETURNED WITH INTEREST. I CONFESS I WAS RATHER DISAPPOINTED, BUT I CONSOLED MYSELF BY PUBLISHING MY BOOKS AND BEING A 'BLACK MAGICIAN'. THIS GAVE ME RATHER A LOT OF SOCIAL CACHET AND ENHANCED MY SEX LIFE ENORMOUSLY. YOU MIGHT KNOW WHO I AM (OR WAS). I MANAGED TO MAKE MYSELF A FOOTNOTE IN ENGLISH HISTORY AS A PHILOSOPHICAL RADICAL AND A BAD POET. IT TOOK ME NEARLY TWENTY YEARS TO FULLY REALIZE THAT THE PROMISE MADE BY AIWAZ WAS COMING TRUE. I RARELY GOT SICK AND DIDN'T AGE. I HAPPILY DIVORCED ROSE SHORTLY AFTER CAIRO WHEN SHE REALLY STARTED BECOMING A ZOMBIE AND HAVE MADE IT A POINT TO REMAIN UNMARRIED SINCE. I DO, HOWEVER, MAINTAIN A NUMBER OF 'APPRENTICES' (LIKE ZÖE HERE) FOR THE PRACTICE OF VARIOUS KINDS OF VOODOO AND TANTRIK SEX MAGIC. I ALSO MAKE A HOBBY OF KEEPING TRACK OF THE VARIOUS (FALSE AND) CRANK FRINGE GROUPS THAT HAVE MADE ME THEIR GURU AFTER MY 'DEATH'. I HAVE ALWAYS FOUND 'MENTAL ILLNESS' ENORMOUSLY ENTERTAINING."


IT WAS A GOOD SESSION ZÖE BUT I THINK YOU LOST CONCENTRATION TOWARD THE END.
I CAN'T HOLD IT. I DON'T SEE HOW YOU CAN BE SO CLINICAL ABOUT IT.
LONG PRACTICE.
I HATE TO CUT THIS SHORT, BUT I HAVE AN IMPORTANT MEETING. SEE YOU ON WEDNESDAY. I MAY JOIN THE REAL ILLUMINATI. HA!
"AFTER A FEW DECADES PEOPLE BEGAN TO REMARK ON MY APPEARANCE, SO I PULLED A 'ST.GERMAIN' AND ARRANGED FOR MY MURDER. AN OLD ENEMY PUSHED ME OFF A YACHT IN THE CHANNEL. I GOT WHAT I WANTED AND HE WAS HUNG. NEEDLESS TO SAY, MY BODY WAS NEVER RECOVERED. I HAD ALREADY ARRANGED FOR MY MONEY TO BE TRANSFERRED TO LIECHTENSTEIN, AND HAD SOME PLASTIC SURGERY. I MAINTAINED MY OCCULT PRACTICES AND CAN SAY WITHOUT BLUSHING THAT I AM NOW THE MOST ACCOMPLISHED MAGICIAN SINCE AGRIPPA. MY RELATIONSHIP WITH THE INTELLIGENCE THAT CONTACTED ME IN CAIRO HAS BEEN SPORADIC BUT SOMETIMES USEFUL. I LIVE OUTWARDLY AS A MAN OF INDEPENDENT MEANS (WHICH I AM) AND KEEP MY HAND IN ON THE VARIOUS SECRET ACTIVITIES THAT RUN THE WORLD AT LARGE. WE LIVE IN INTERESTING TIMES."
WHEN ARE YOU GOING TO TEACH ME THE REAL SECRETS? I WANT POWER.
MEMO:
DR. BLISS, AT HIS CLINIC, 2:00 PM APRIL 20, 2080
I DON'T KNOW WHAT YOU MEAN. AND BESIDES YOU'RE STILL TOO IMMATURE.


"I HAD TO SEE MY COLLEAGUE, DR. ANTON BLISS, ONE OF THE WORLD'S MOST SUCCESSFUL PRACTITIONERS OF BLACK MEDICINE. MOST PEOPLE FIND DR. BLISS RATHER DISTURBING, BUT I'VE ALWAYS FOUND HIS SADISM RELAXING."
"I AM GETTING VERY SICK OF RETRO FASHION IN GRAVCARS."
STATE
STATE PROPERTY
"ANTON MADE HIS FORTUNE FIRST WITH A SERIES OF LIFE EXTENSION TREATMENTS UTILIZING WOMBAT GLANDS. THEN HE GOT THE STATE ZOMBIE CONTRACT."
"HIS CLINIC IS HUGE, VULGAR AND LUXURIOUS. NOT EVERYTHING THAT GOES ON INSIDE IS KNOWN TO THE GOVERNMENT MEDICAL BOARDS. DR. BLISS PAYS THEM OFF WELL ENOUGH TO MAKE IGNORANCE . . . SO TO SPEAK . . . BLISS."
BLISS


"MISS LACY HUNT, RECEPTIONIST AT THE BLISS CLINIC."
"THE DEVICE ON HER HEAD NOT ONLY GIVES HER COMMUNICATION WITH THE ENTIRE CLINIC, BUT CONSTANTLY STIMULATES THE PLEASURE CENTERS OF HER BRAIN WHILE SHE IS AT WORK. SHE IS RARELY LATE."

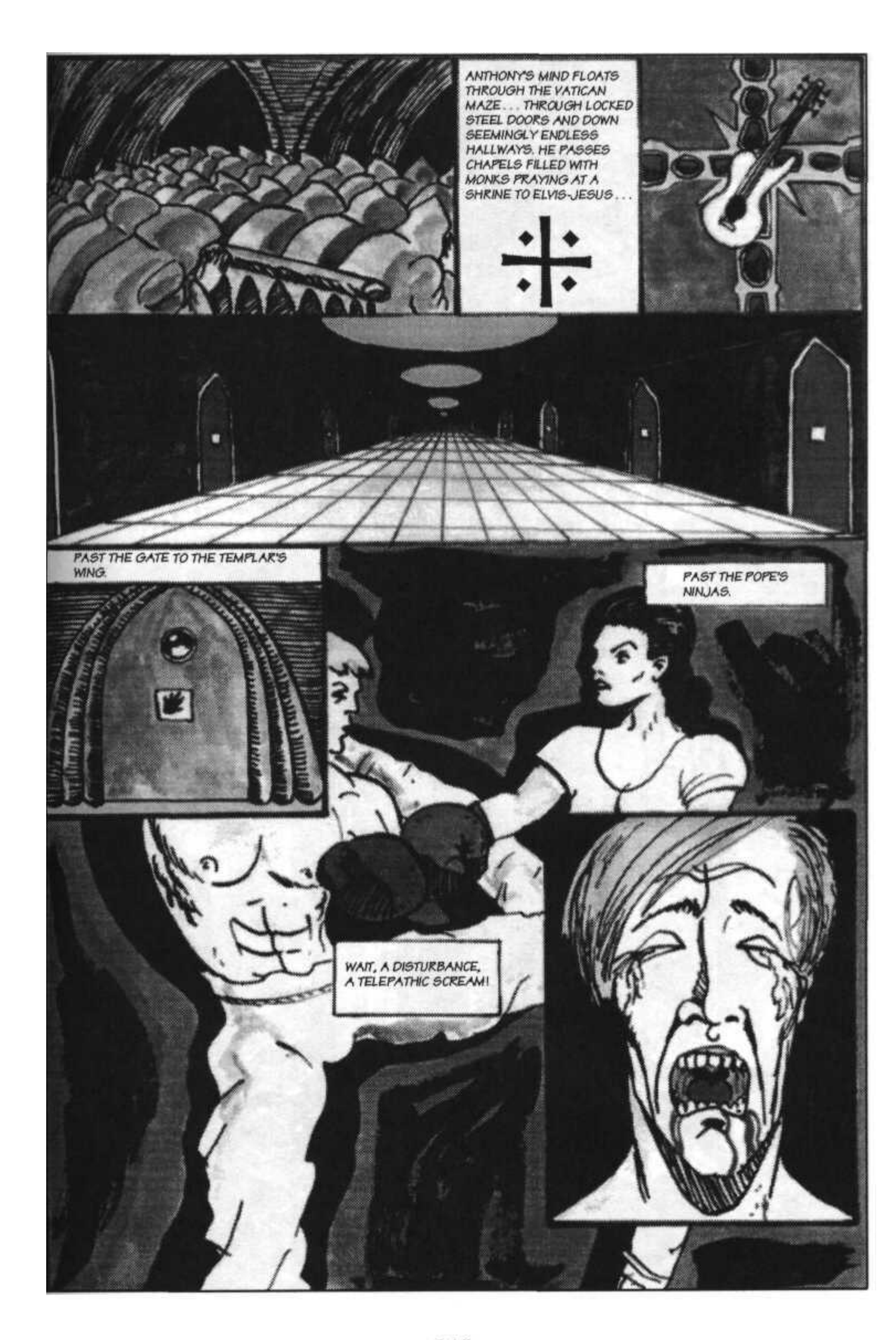

IS THE DOCTOR READY FOR ME?
YES MR. CARCER. HE IS WAITING FOR YOU.
MY BOY ! IT'S GOOD TO SEE YOU ! ON TIME AS ALWAYS. COME RIGHT IN. I HAVE SO MUCH TO SHOW YOU.


AND YOU ARRIVE ON THE DAY OF OUR FÜHRER'S BIRTH ! THIS MEANS LUCK IN OUR ENTERPRISE!
NOW TAKE OFF YOUR SHIRT, AND MAKE A FIST.
YOU'LL LIKE THIS, IT'S NEW. DISTILLED FROM A SOUTH AMERICAN VINE. IT HAS GREATLY ENHANCED MY ESPER TECHNOLOGY, AND WITH YOUR TRAINING, IT SHOULD SHOOT YOU RIGHT OUT INTO THE ASTRAL.
UHHH . . .
DON'T FORGET TO BREATHE.


AS THE POWERFUL PSYCHOTROPIC TAKES EFFECT, ANTHONY IS CATAPULTED OUT OF HIS BODY. USING HIS ADEPT'S TRAINING HE TRAVELS ACROSS AN OCEAN IN AN INSTANT, TO THE STRONGHOLD OF THE BLACK BROTHERHOOD THAT HE HAS OPPOSED FOR NEARLY TWO HUNDRED YEARS. THEY ONCE EVEN CLAIMED HIM AS THEIR LEADER. THINGS HAVE CHANGED A BIT HOWEVER. SINCE THEY DISCOVERED THE BODY OF JESUS IN 2015, THE CHURCH HAD TO DO QUICK DAMAGE CONTROL. SOLUTION? THE WORSHIP OF ELVIS AS GOD. AFTER ALL, THERE WERE NUMEROUS WITNESSES TO HIS RESURRECTION.


VATICAN CITY, WORLD CENTER FOR THE WORSHIP OF ELVIS-JESUS.

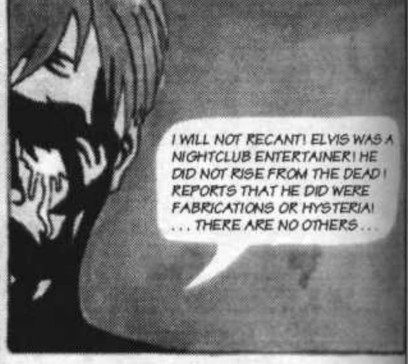

BLESS YOU MY SON.
YOU ARE THE MOST GODLY OF ALL MY CHOIRBOYS!
POPE MEATUS I, PONTIFEX MAXIMUS OF THE NEOCATHOLIC CHURCH AND THE OUTER-HEAD OF THE TEMPLARS.


ANTHONY'S MIND FLOATS THROUGH THE VATICAN MAZE . . . THROUGH LOCKED STEEL DOORS AND DOWN SEEMINGLY ENDLESS HALLWAYS. HE PASSES CHAPELS FILLED WITH MONKS PRAYING AT A SHRINE TO ELVIS-JESUS . . .
PAST THE GATE TO THE TEMPLAR'S WING.
PAST THE POPE'S NINJAS.
WAIT, A DISTURBANCE, A TELEPATHIC SCREAM!


COME NOW! YOU CAN END THE PAIN! RECANT AND TELL ME ABOUT THE OTHERS!




THE GRAND INQUISITOR OF THE CHURCH DOES HIS DUTY TO SAVE A SOUL FROM ERROR'S PENALTY.


I WILL NOT RECANT! ELVIS WAS A NIGHTCLUB ENTERTAINER! HE DID NOT RISE FROM THE DEAD! REPORTS THAT HE DID WERE FABRICATIONS OR HYSTERIA! . . . THERE ARE NO OTHERS . . .


YOUR DENIAL OF HOLY TRUTH WILL SEND YOU TO HELL. MY COMMITMENT TO THE HEALTH OF YOUR SOUL WILL NOT BE THWARTED. IF IT TAKES ME DAYS I WILL SAVE YOU!


ANTHONY'S MIND REACHES OUT AND TOUCHES THE METABOLISM OF THE 'HERETIC'. HE APPLIES TELEKINETIC FORCE TO CAUSE A BRAIN HEMORRHAGE. . . THE ONLY WAY HE CAN INTERVENE.
A CONVULSION, THEN QUIET.
NO! GOD IS NOT DONE WITH YOU!
OHHH!
NOT A REWARDING TRIP DOCTOR. UGH. MY HEAD'S POUNDING LIKE BLAZES!
NO FUN TODAY? TOO BAD.
HOLD STILL. TAKE DEEP BREATHS.


IT IS AMAZING THAT AFTER HUNDREDS OF YEARS THE SAME DRAMA IS UNFOLDING, YET THIS TIME I GET AN EERIE FEELING THAT SOMETHING TRULY AWFUL MUST HAPPEN. I THINK I AM GETTING INTERESTED! SEX AND BLOOD IN THE NEW VATICAN. HMMM.
I KNOW THIS TIME THERE WILL BE SOMETHING MORE. A ROCK STAR AS A PUPPET GOD IS A LITTLE MORE APPEALING THEN AN 1ST CENTURY HYSTERIC IN THE SAME ROLE . . . BUT JUST AS DESTRUCTIVE. ITS TIME TO GATHER THE COVEN AND GET TO WORK.

Chapter 15

OH, HOW I HATE YOU![1]
MEIN KRIEG



What is best for human beings is utterly unattainable: not to have been born, not to be, to be nothing. But the second best—is to die soon.
— *Silenus, companion of Dionysus*

O bhikshus!
Do not grieve!
Even if I were to live in the world for as long as a kalpa, our coming together would have to end.
You should know that all things in the world are impermanent;
coming together inevitably means parting.
Do not be troubled, for this is the nature of life.
Diligently practicing right effort, you must seek liberation immediately.
Within the light of wisdom, destroy the darkness of ignorance.
Nothing is secure.
Everything in this life is precarious.
Always wholeheartedly seek the way of liberation.
All things in the world, whether moving
or non-moving, are characterized by disappearance and instability.

[1] Dr. Hyatt hates footnotes since they are usually pretentious, stupid and unnecessary. So we have included some just to annoy him. [Ed.]

Stop now!
Do not speak!
Time is passing.
I am about to cross over.
This is my final teaching.
— *Buddha's last words, Parinirvana Sutra*

I have invented myself
and just by chance, my readers.
— *CSH*

A CHEAP SHOT

When I was ten or so I killed a sparrow, my first.

I shot the sparrow with a BB gun at ten yards. The projectile went through its left eye and it fell to the ground. I touched it—it didn't move.

I ran home to my mother, guilt-ridden, full of sorrow and pain. She tried to console me but couldn't. In a moment I realized that life was real and I was alone. I began to see that no matter what I did, said, or imagined, I couldn't undo what I had done.

For decades I had unknowingly fought this realization. I had immersed myself in social fabric, education, women, religion and success—attempting to unify everything into a framed canvas...and failing.

Only when I recalled my earlier injection of reality did I begin to embrace my own concerns—preferring my own representations of the soul over the world's. It was too late to go back, even though I tried.

What we have today is neither individuals nor unity. Instead we have parts, like lips or toes, a branch without a trunk, a cactus without a thorn, a giggling talking ulcer creeping out from a smiling womb.

We are adrift, waiting for a calamity to give direction.[1]



[1] The paragraph above was written a few days before the horror of September 11, 2001 CE. [Ed.]

FINDING YOURSELF WHERE YOU ARE
An exercise in forbearance

It is no accident that *you* find yourself here today.

It has been pre-arranged by those forces some call—God—or the weasel— or the supplier of Offal.

"If you hear me, show yourself."
Reality check: No manifestation.
He is off—taking care of business.
OK, we can get on with it.

It has been some time since an appearance.
Usually it comes in the form of a neighbor, or an official.
Sometimes it is a brown letter with metered postage. No check inside, though.

On September the 11th, it was clean-shaven Arabs following directives from their giggling, grinning, monkey-faced guru[1], who somehow convinced them that *his* visitations were real.
"Look guys, this Howdy Dowdy has a beard—he's real!"
Who does his laundry?
How many pillows does he sleep with?—one between the legs?—I wonder who cleans up after his wet dreams?



Satan doesn't believe in God, He knows Him all too well.
When you *know,* you don't have to believe.

Only those who believe, much like your neighbor knows it is your garbage on his lawn.[2] Well, isn't it your garbage that is ruining his life?
He knows it's you.

[1] A phrase Drs. Hyatt and Regardie used to poke fun at some of the Hindu Gurus who came to the United States to fleece the gullible. [Ed.]

[2] See any episode of Judge Judy. [Ed.]

What time did you leave for work this morning? Not the same time he did.

Didn't see you at my church.

In this world of confusion, thou shalt love your neighbor as yourself. Now you gave yourself away. It would be better to get it over with right now—admit that you *hate* your neighbor as you hate yourself.[1]

Ah, I forgot, you heard differently this morning (from the caster of news—no tarot cards needed). You *don't* hate yourself. You're OK—as long as you obey.

Your chronic sub-sonic depression is simply a sign of your humility.

Take joy in your suffering—in your sacrifices.

All you need is a bad memory to weave your way home and believe it a new experience.

You are civilized. True?

Hurry. Answer Yes or No.

Your brain was kidnapped by a biological imperative.[2]

God forbids that wisdom be passed on to the next generation.[3] What, then? An empty planet?

No fossils for the future?

Answer me right now!

Yes or No? There are no maybes here. Are you here? Are you with me or against me?[4]

Sigmund Freud asserts that Moses was an Egyptian.

[1] A thought which appears to have originated in the mind of Dr. Hyatt. [Ed.]

[2] Referring specifically to sex and reproduction. In general, to the idea that man believes himself to have "complete" free will. [Ed.]

[3] Here he is talking about the mechanical nature of human development. Most people repeat the same or similar errors of the past. [Ed.]

[4] Recently Dr. Hyatt has been accused of "treason" by one of the better-known occult organizations. (For those who care, it was not the Golden Dawn which, after all, is way too unorganizaed and disorganized to have any organization.)

Was he really a High Priest of On?

He also asserted that where livest the Id—now lives the Ego.[1] Freud made a grave error in at least one of these assertions. Which one?

Most likely he meant to say, where livest the *Super-Ego* now lives the Ego.

Ego is "himeth" who deals with reality.

Ego is 2.7183...[2]

He is also known as Logarithmus—reason—Logos.

Get out of your insect head, you one-nippled bitch. Get out.

Listen.

Now, again.

I will repeat slowly.

Ego is 2.7183.

It is the bass.[3]

It is the base.

It is fundamental.

Wasn't it the Super-Ego that was behind 911?[4]

And who is He?

The projected—introjected—the infant terrible (in English).

Now, we have a war of fundamentals.

What in fact is fundamental—essential, necessary for the survival of a flawed species? What is the base again?

Man believes too much about himself—he believes to much—and do you know what? It is not 2.7183 but 911.

It *is* an emergency—damn you—the Super-Ego is out of control, pronounces Logarithmus.

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[1] Not an exact quote, but the idea is Freud's. Dr. Hyatt likes to quote authorities with some level of inaccuracy and poetic license. [Ed.]

[2] If you don't know what 2.7183 means, ask a mathematician.

[3] Dr. Hyatt doesn't mean the fish, but the instrument. [Ed.]

[4] You have noted, of course, that 911—the date when the World Trade Center was destroyed—is the same as the emergency phone number in the U.S. Perhaps you have been blown away by the Gematria of the flight numbers of the planes involved. (93! Wow!) And maybe you've even reviewed the astrological charts for that day so you could understand why it all happened. And now, having done this, you understand everything and are truly endarkened, right? [Ed.]

It has squeezed the Id dry—sickly—and now with paganistic wild—is going after the Ego—Reality.

It won't be happy until the Ego—reality—is dead.

It wants to reign over the remains—a manless world—castrated—a sack emptied by a blondish, bearded shrew. The Grand Master, Infant Terrible has many disguises. His best one is...You.

You made Him and you are the only one who can kill him. *Kill him now!*

Hey, you—wake up, come to attention!

Is your piece clean? Have you gotten a clean patch yet?

Attention! Overthere—overthere—overthere—with that white stuff dripping down your chin. Clean up. Your lipstick is running.

"You on lady. (Keep in mind that mom swallows).

Smile, show them teeth. They be here—after flesh gone."

What was that head-line? Oh, yes, that monster in his cave? Come out, come out, wherever you are—overthere, come out.

You are in trouble—overthere—come out—Santa wants to blow your brains out. I got your bullet *overthere* on the dinning room table right next to the loin of pork.

The letter E is the fifth letter in the English alphabet. It is Heh in the Hebrew alphabet. You ask what my pitch is with all of this? E stands for excellence, it stands for 2.7183. Not 911.

My medicine is natural—it won't do you any harm—just kill you.
Just sorry I didn't get you before you emptied your sack.

My bullet will clean you out—like fleets. No more beliefs, honky.
No more neighbors to love to death.
Would you like a little pork loin instead?
Death or pork—honky. Make your choice.
Death by pig or death by me. You choose me? You believer?
OK then.



ROCK AROUND THE CRADLE

And let us not forget the cradles of civilization and all the master races and chosen peoples.

Let us not forget the weeping Aryans. That great culture, destroyed by *them* inferior races.

Now, don't forget the Japanese, Spanish, French, English, or the Jews......all touting their own copy of the Infant Terrible. Everyone seems to be getting secret messages from God—everyone, but me, of course.

Let us not forget what the great El Lawrence said: "A little people, a silly people, greedy, barbarous and cruel." He thought he was speaking about the Arabs.

Yes mom, those real Charlie McCarthys.

Will the real dummy stand up!

Oh, don't forget, there was Rome and there still is, and of course Greece, all destroyed by the dummies.

Will the chosen people stand up now.

And all of our great accomplishments.

Yes, we truly are human, chest out, head held high, all of that.

But all of the sleight of hand, make-up, and dress can't hide who we really are. If you forget, oh well—beauty never dies, it just withers.

And just think of all the Gods we have created. What a creative group are we. Inventive to the core. A true mystery are we.

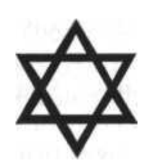
Rules and laws for every occasion.

We are prepared for everything, *except ourselves.*

And beliefs like sand, all true to form.



CHASING AFTER THE BURNING BUSH—
Moses alert



There are just some lessons you just can't learn on TV.
What should I believe today?
Go online and view the results of the latest poll.
Smug—they think they can turn the tide.
What is a keystroke worth?
Write a letter to your Senator—or the President.
I believe in happy endings—so I wrote a letter to the Secret Chiefs.

Dear Folks:

I ask you about 2.7183.
What should I do about reality?
How can I get rid of gravity?
Why don't the people in the lower half of the world fall off?

Thank you,
Dr. Hyatt

I got the letter back, marked "Moved, no forwarding address." Felt rejected.

Called Santa on my cell.

Told me to trim my list.

OK, Santa, just give me a Glock with Titanium parts.
Polymer and Titanium.
Everybody who is anybody has one.

Oh, dear God.
Please, let me kill just one more time.
Just one more, please God.

Just one more.
No answer—.
I guess I am just down on my luck.



What they didn't teach you in the Sermon on the Mount
Life is unfair to the losers—just for the winners



Every outcome:
good
bad
or indifferent—

Is the result of:

1. Fortune
   Propinquity
   Right place "right time"

2. Effort
   Proper work
   Persistence
   Determination

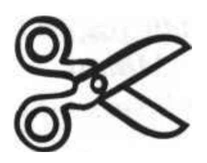
3. Knowledge
   Learning—information
   Operant and classical conditioning
   Imprinting
   The right people

4. Genetics
   Who you come from
   Race, religion, handicaps. propensities

Intelligence

5. Wisdom:
The application of the other four

With all this simplicity, how can you bear to read anything else?



For those who stay awake all night—thinking

What is the fallacy of the Garden of Eden (original sin)?

The idea of perfection.
The idea of a *once upon a time* story mumbled by a bearded mom—newscaster by day—
The idea of non-conflict.
The idea of only love.

Now here it is, you bearded, blond bitch.

You can't return to something that never was.
This simple but horrid fact puts an end to all experts who are calculating formulas to create a perfect world.. .instead of sleeping.
All politicians, social "scientists" and whining blond bitches—are out of work.

What is the truth?
Perfection never existed.
Therefore, there is nothing to return to—nothing.
Nothing to fix.
Nothing to repair.
No socks to mend.



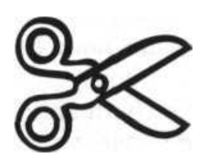
Must I give the readers their money's worth?
OK, before the publisher cuts me off.

And I have been asked, what am I doing here?
I am an anatomist, thus a surgeon, whose patient, without the benefit of anesthesia, mankind, must undergo the scalpel.
There can be no mercy,
thus one's first patient must be oneself.
— *CSH*

I would much prefer to read about Angels and the structure of the metaphysical world, than read another of the "famed" Doctor's "reality" rants.
— *Friendly critics from:*
Eastern Europe, Southern California, Southern Florida

Dr. Hyatt's reply: "Sir, you would be better off memorizing the Marine Corps Manual than climbing Jacob's ladder. At least you could dig a foxhole for hiding in instead of exposing yourself to the fresh air."
— *Dr. Hyatt, Honolulu, Hawaii*

How will the human race end?



OH, How I Hate You!
God bless Tiny Tim

Chapter 16

AND OTHER DEVICES

By Jack Willis, MFT, D.C.

In this ground-breaking book, Dr. Hyatt has provided powerful tools and powerful ideas to Undo Yourself. My task is only to fill in the nooks and crannies, as it were, to butter the toast.

If I were a Freudian therapist, I would say he has painted a powerful picture of the damage done to all of us by our own self-punitive superego. The superego is that part of ourselves which demands that we live by rules, not by choice. It is the part of ourselves that loads us down with guilt, with shame, with the rigidity of personality and body which prevents us from living in the moment with joy. Dr. Hyatt has painted the picture of that inner cop and provided exercises you can use by yourself to liberate some of the rigidity of the body. My task is to add some exercises you can use to liberate the rigidity in your personality.

But, before I begin, I would like to give you a view of both how an over powerful and self-punitive superego may operate in your life and what your life can be like once the inner beast is tamed.

Every child is born in joy. I don't mean the joy of the parents; I mean the joy of the child. Newborn children can tell the difference between their mother's voice and that of other females. By one week of age, an infant shows distress if the mother's face and the voice he hears are different. By ten weeks of age, infants are responsive to the mother's moods of joy, anger, and distress. By three months of age the infant shows a smiling response to the appearance of the mother's face. By nine months of age a toddler can tell when its emotional state is different from that of someone else.

When a child starts to walk, usually at 10 to 12 months of age, we can see the child's determination to master its world. During the next year the child will acquire a vocabulary, and by age two will be talking in two-word sentences. It is from about age two to three that we see the most remarkable period in a child's development and one that will have lasting effects. This is the period that uninformed parents often call "the terrible twos," but which developmental psychologists call the period of individuation (Mahler) or the period of self-system

development (Fairbairn, Stern). This is also the period when the superego—the internal policeman, begins its development. It is the period where it is decided whether the child's inborn sense of joy will develop, expand, and become pervasive or whether the child will become locked into internal contradictions and a sense of burden, evil or inadequacy.

Have you ever meet someone who seems to just enjoy life? Someone who has a seemingly boundless sense of adventure and excitement even when doing mundane tasks? Someone who has no need of drugs to alter his mind because he enjoys his mind too much to want to alter it?

If so, then you have meet someone whose parents did not regard the "terrible twos" as a contest of wills between their choice and their child's choice. Then you have met someone whose parents regarded their child as a person deserving of the utmost respect. Then you have met someone whose parents neither controlled nor indulged. Then you have met someone who does not need any undoing.

But, for the rest of us—and that is near to all of us—we need to undo ourselves, and that means to slay the savage superego. So, as Dr. Hyatt has pointed the way in this book and has provided you with a number of exercises to undo (that is free) yourself, so I would like now to provide a number of exercises in action and thought to undo yourself.

EXERCISE 1

Go into a restaurant and find two items on the menu that you are in the mood for (for example, an egg salad sandwich and a hamburger). Order both of them and eat part of each. Alternate eating each of them and quit one or both as soon as you are no longer in the mood for that food. You can do the same with liquids (for example, tea and coffee).

EXERCISE 2

Call up some "friend" whose company you, in fact, do not enjoy that much, someone who is not in fact fun for you to be with. Tell that person that you have decided not to see him or her any more. Gutsy? You bet. But undoing yourself means to have the courage to do that which gives you pleasure and not do those things which are only duty or habit.

EXERCISE 3

Take any one pattern and change it. The pattern can be the way you comb your hair, the type of clothes you wear, the makeup you use or don't use, the places you go or don't go, the type of movie, book or TV show you watch, etc. Yes, you might be doing something that is not enjoyable; but the idea is flexibility. By doing something that is different, you are able to test whether you still don't like it (as opposed to when you first made the decision). Our likes and dislikes change with time and with experience. What you may have disliked at one time may now be something that you enjoy—except that you never discover that because you never try it.

EXERCISE 3-A

Do exercise 3 with the same pattern many times. Don't stop at making the change just one time. Initially it is likely that your superego will punish you for disobeying the internal law. It will put you in mental jail. But just keep doing it until your internal cop shuts up. When you can do it at will with no self-recrimination and no guilt, then you can see if, in fact, you are not rather enjoying it.

EXERCISE 3-B

Take another pattern and do exercises 3-A and 3-B again. The more times you do this with more set patterns, the more you will free yourself.

EXERCISE 4

Find any building (preferably one with at least 10 floors) and ride up and down the elevator. Each time someone gets in, start a conversation. A good icebreaker is, "How has your day been going so far?" If the person does not respond, then just go on talking about your own day. The idea is to be able to destroy the beast that says "don't talk to strangers" and "mind your own business."

EXERCISE 5

Do exercise 4 with people in line at a supermarket check out stand or in a movie line. In the supermarket you can talk about the items in the other person's shopping basket and at the movie you can talk about the movie you are waiting to see or about other movies. There

is, however, one forbidden topic: that is, to talk about children. That is too easy. Challenge yourself. Undo that punishing superego.

EXERCISE 6

Change your church habit. If you go every Sunday, then don't go for several weeks. If you usually attend a particular church, go to another one. If you never go to church, go to a different church each week for several weeks.

EXERCISE 7

If you have a sexual partner, change your sexual behavior. If you always initiate or always wait for the other, do the opposite. By the way, the idea here is not to cause trouble; it is to undo yourself, not the other person.

Before I bring up exercise 8, I need to add another pointer. When doing any of these exercises (and in doing them with any particular thing or way), there are two good indicators that you are on the right path. One indicator is guilt, shame, or disapproval. The other is anxiety.

Guilt, shame, and disapproval all arise from the superego.

When you "break an internal law," you usually feel some form of guilt, shame or disapproval. If something is easy to do, it usually means that you are not breaking one of your internal law. Like eating cherry rather than chocolate ice cream, it is only a preference. You could do the one as easily as the other.

Throughout this book Dr. Hyatt's has been pointing out how many things are stuffed into us by our parents, our teachers, or our society and how little importance these things really have. To make this more clear, let me introduce a topic I always use with my therapy patients. It is the difference between the **necessary** and the **happenstantial** (i.e., arbitrary-nonessential).

Something is **necessary** when it is required for a civilized society. Things like don't steal, don't physically injure, don't play loud music late at night that can disturb your neighbor; these things are necessary for a civilized society. Most everything else is **happenstantial.** Do I really mean that, for example, not having an extra-marital affair is merely happenstantial? Yes, I do. I have never seen an instance where

it is beneficial in our society, but there have been societies where it is expected and causes no problems. Do I mean having sex on your front lawn is merely happenstantial? Yes, I do. Most all of what we do is happenstantial. It is a custom (or even a law) in our society; but it does not have to be.

What about things that are personally harmful like the use of some drugs, or excess alcohol, or being overweight, or smoking, or a number of other self-hurtful activities? Where do they fall?

***

Here we come to two tricky issues. One is the idea that you are self-owned. The other is that the law is an ass with a monopoly on use of guns to enforce their ownership of you.

***

I would not advocate any activity that is self-hurtful. But I would also say that it needs to be a choice, not a compulsion. It is better to live a shorter life with pleasure than to live a longer life with misery.

You are the owner of your own life and body and while your choices may affect others (as for example you might embarrass your children by your weight or your smoking or whatever) still, in the last analysis, you own yourself and what you do with your own life and body is ultimately an issue of self-ownership.

Usually we do things that are self-hurtful because these things fill some internal need. These needs can be and often are, expressions of the superego and thus are things to be undone. But that doesn't mean that they must be from the superego.

Many times we are unable to do something because we lack the will power, which is to say that we lack sufficient ego strength regarding something. These "things" can be deep within our personality but still be attacked by use of the exercises Dr. Hyatt has presented in this book; they can also be attacked by the help of a professional or through techniques such as weight-loss or stop-smoking systems.

As before, we have a valuable clue to when something which is self-hurtful needs to be undone. If you don't like it in yourself, if you feel ashamed about it, if you consider that you are less of a person for it, then you are at war. Then you need either to change the thing of which you disapprove or accept it.

A life lived in guilt, in self-loathing or self-disdain is a wasted life. Undo the damage and get on with the joy of living.

That brings us to the ass with a gun, the law. Most law is immoral and thus destructive. Most law should be repealed ("Do what thou wilt shall be the whole of the law. Love is the law, love under will.") But the fact is, the law exists and policemen are trained assassins. We follow the law not because it is right or because it results in proper behavior, but because the penalty for ignoring it is too severe. To give a number, 95% of all law deals with the **happenstantial,** not the **necessary.** But being murdered by a policeman or kidnapped and held for the ransom of time (i.e., being put in jail) is too great a price to pay. The issue in undoing yourself is to recognize that you are following the law not because it is right, but because you don't want to be shot or kidnapped for not following it. In short, law is violence, not morality.

We have a final small issue. I mentioned that you know you are on the right track when you feel guilt (shame, disapproval) or when you feel anxiety. Why anxiety? Well, imagine that you are thinking of doing something which you know is wrong (by your own moral system). Would you be surprised that the thought makes you nervous or anxious? No. When we are about to violate our own moral system, our own internal policeman, we feel anxiety. That is simply the way human beings are built. Anxiety is a signal of internal conflict. If you like pasta and you have pasta for dinner, you don't have any anxiety about the meal. If you think snails (escargot) are disgusting and you are being asked to eat snails, you feel anxiety about whether you can do it.

EXERCISE 8

Since we just mentioned food, that is exercise 8. Go to a restaurant and order and eat some food that you think you hate. Even if you only eat one bite, it is a start. You can always repeat the exercise at some time in the future and eat two bites. At least you will learn that it will not kill you to eat that food. You can also (exercise 1) order two foods: one that you like and one that you hate and alternate bites.

***

Now, two hard ones. If you can get by these two you will really be on your way to ***liberation.***

EXERCISE 9

After a light dinner or lunch, go into the bathroom and gag yourself. Many people find gagging to be totally unacceptable. But it is neither illegal nor dangerous. It is just that abominable superego holding up its own book of laws. If God only needed 10, humans seem to need ten thousand.

To gag, simply put two fingers into your mouth and press on the back of the tongue or touch the back of the throat. The idea is to let the food come back so if you are closing your throat to prevent it or making a "ugh" like sound at the gag then work to simply leave the throat open so that the food in fact comes back up. It doesn't taste all that good, but it sure doesn't hurt anything.

EXERCISE 10

Get a large piece of paper (newspaper will serve). Take a shit. Take the shit out of the toilet and make a sculpture with the turds. Let it dry.

Disgusting? Why? Simply because you have been taught from the earliest days that shit is dirty. It is not. It is that over-inflated superego that is giving you a kick in the ass (so to speak) and preventing you from any contact with the product of your digestive system. Of course don't eat it and be sure to wash your hands afterwards.

***

Well, now, if you have gotten this far and actually done all the exercises you are a long way toward undoing yourself. From here on it is both easy and more challenging. But I also have to add a note of caution at this point. The superego is one powerful SOB. Like a rogue cop, it will do anything, even to the extent of destroying you and thus itself, in order to enforce its laws. It needs to be brought down, but it also has to be respected for its power. Feelings of shame, disgust, embarrassment, and guilt are its prime weapons. But fear is its ultimate weapon. Anxiety, at a tolerable level, is a sign of progress—it is a sign that you are challenging that nasty beast—but if the anxiety is debilitating or preventing you from living the good life that you deserve, then back off. Let the superego win the contest. There will be another day and another challenge. Give yourself permission to let that irrational law (superego) stand for now with the secure knowl-

edge that in the end it will be your Will, not your forced actions (your superego), that will be victorious.

EXERCISE 11

You have already tried a new food. Now let's go at that shopping habit—or the lack of a shopping habit. Adjust this exercise for your budget.

If you are a shopper, don't buy anything (except food and medicine and the like) for a period of one month or until you notice a strong impulse to shop. See how long you can go without buying anything. Last year's clothes will still be usable this year. If you really really really think that this will cause you trouble at work ("Oh, look she or he is wearing last year's styles!") then buy as little as is possible (and I mean it—don't use style as an excuse; it must be truly needed to not cause stares or gossip at work).

If you are not a shopper, then go out and get or do something that you absolutely regard as a luxury (budget considered).

EXERCISE 12

As you do this exercise, see how nervous, edgy, apprehensive you become. If you can do either or both parts of this exercises with no hesitation, no nervousness, then you are a gem in the rough. You have wondrous personal flexibility.

If you consider yourself to be a polite or considerate person, then be rude for a day. The variants are endless. Bump into people on the street and blame them for the collision. Eat a lot of garlic and then stand close to people when you talk. Walk up to strangers and tell them their clothes or hairdo or jewelry or whatever is ugly.

Caution: we are taught from the age of two to say "please", "thank you", etc. A hundred years ago the great sin was sex. Today the great sin is anger. If this exercise raises too much anxiety, back off and do it by small degrees. Do one rude thing one time and then let yourself relax back to your normal way of being. Then try two times. Work up to a full day. Then work up to two days in a row.

If you consider yourself to be aggressive or easily angered or a "stand up for your rights" person, then be ultra polite for a day. Walk up to strangers, either gender, and tell him or her how nice he or she looks, etc. This is not a pick up or a come on; it is an exercise. So make the statement and just walk away. Don't wait for a response.

Get some food at a fast food place and return to the counter to tell the counter person how wonderful the food was. At the supermarket, let three people go before you in the line saying that you are in no hurry to get out. Buy a pair of tickets to a movie (assuming you can afford it) and give them to someone else in line, saying that you changed your mind and you would really like them to use these tickets.

These examples of rude and polite are just examples. There are many more you can think of along the same lines. The more you do this exercise, the more it will prepare you for the last one.

***

You have now taken a swipe at that overblown, tyrannical superego. Hopefully, you now have some personal, experiential insight into how much of our lives, as humans, is ruled by this internal monster. But, before I begin the next exercise I would like to include a little diversion to show how much of your life is ruled by that lawgiver inside your head.

As this contribution to Dr. Hyatt's *Undoing Yourself was* being written, the attack on the New York World Trade Center and the Pentagon occurred. What struck me most about people's response was the phrase used again and again when people on the street where interviewed: **"I don't know what to feel."**

Think about that. What does that oft-repeated phrase mean?

"I don't know what to feel." Why does one need to "know what to feel?" Isn't feeling simply there or not? Isn't a feeling automatic and you do not need to know ahead of time "what to feel?" Interestingly, no. Feelings are not automatic; and they are more often than is realized the result of the superego, the **supposed** to feel.

How often do we fake feelings? I don't mean just lie about them or hide them, I mean fake in the sense of create for personal or interpersonal display. There are actually two parts to this tyranny. The superego can create emotions for personal or inter-personal display or it can squelch emotions that are "unacceptable."

Dr. Hyatt has amply demonstrated how this internal policeman—and a brutal and sadistic cop it is—gets stuffed into young and pliable minds.

The purpose of his energized meditation and body work is designed to help you put that cop in jail, perhaps in solitary confinement. The purpose of my contribution to Dr. Hyatt's fine work is to

give you some personal experience of how much of your life, your actions, your choices, and your emotions are ruled by this tyrant.

Psychological researchers in emotion call these superego dictates "display rules." Different cultures have different display rules and thus different emotional responses to the same situation. An interesting study was done in Japan.

Japan has a very group-dependent culture. Group consensus is a high social value. The researchers selected a film which would result in the emotion of disgust.

Disgust is one of the half dozen or so emotions which have been identified as showing on the face and which are comparatively culture independent. Using a hidden camera, they videotaped a subject watching the film. As expected, the subject's face showed the characteristic pattern of disgust. Then they introduced another person into the film studio and this person was told to have no reaction to the film. In the mere presence of another person, not interacting, not talking, the Japanese subject seeing the same film now showed no reaction.[1] The display rules for acting or reacting in the presence of another person took precedence over the display of any emotion. Why? That superego. The social display rules say you only display an emotion when it is permitted by the group (of two).

If you like to quibble, you could say: well he felt disgust, he just did not show it. It is a question of some interest to researchers whether one can "have an emotion" and yet not show it. At best, this represents a repression of affect and, for some theories, it says very explicitly that there was no emotion.

In truth, you are already probably very familiar with this aspect of emotion; you just never identified it as such. If you go to a performance (concert, play, etc.), don't you have the tendency to react the same way other people around you are reacting? Why do television shows add a "laugh track"? They do so to tell you when you are supposed to laugh because others are laughing. If the fabricated audience—the laugh track—finds the dialog funny, then you are supposed to also. If the superego did not demand that you think it funny because other people think it funny, then television producers would not add the laugh track.

[1] For the scientists among the readers: yes, they did reverse the order. They got the same results. With anther person present, no reaction. Without another person present, disgust.

But then, too, there are oppositional people. Their superego demands that they react in an opposite way. The superego not only supplies the demanded response, it also supplies the excuse: you are an independent thinker. You go your own way. You decide for yourself. You are a person of taste. You are a highbrow or a lowbrow.[1] You think for yourself. You don't follow the crowd. The superego demands, and then provides, the excuse why it is laudatory.[2]

But, as the superego creates emotions, it also does the opposite. If you get angry at work you often don't display it because it could get you in trouble.[3] The superego can create emotion and it can prevent it. One more example. Many years ago I was actively involved in politics. Of course, we ran the mandatory opinion polls to see what was important to the voters. We stopped after just a few of these because we already knew the answer. What was important, according to the polls, was whatever had been in the newspaper headlines in the last few days. People tend to think or feel what they are told is important or appropriate to think or feel.

I'll repeat that point: THE SUPEREGO CAN CREATE EMOTION AND IT CAN PREVENT IT!

As you work through these exercises and the energized meditation that Dr. Hyatt has provided, you are changing your superego and thus your feelings. As a matter of fact, one of the hallmarks of the person acting at a higher level of psychological development[4] is that his thinking or evaluation of a situation and his emotions (body state) come to be in greater harmony. That is actually a measure you can use to watch your progression through energized meditation to what Scientologists call "clear."

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1 The fact that this phrase, coined by a sociologist some 100 years ago, is a body-state description is not coincidental.

2 It may surprise you that the superego also can create or prevent sexual orgasm. Create? Yes. There are actually superego orgasms. Real physical orgasms that are created on the demand of the superego because "you should be able to have orgasms."

3 But aren't you still angry? Aren't you boiling inside even if you don't show it? In a way, yes; but the anger is converted into a physical symptom like heartburn, or ulcers, or a headache.

4 Or a higher level of consciousness as discussed by Robert Anton Wilson in *Prometheus Rising,* New Falcon Publications.

As you develop, you will find less and less conflict between your thinking and your emotions.

This, of course, does not mean that we can escape display rules; it only means that we will display or not display an emotion based on our rational conviction of its appropriateness. It is certainly not appropriate to do the rude exercise at work and it is not, generally, appropriate to display anger at work. That is part of our culture and the price for violation is high.

EXERCISE 13

There is going to be a final exercise, a real hard one, but to prepare you for it I would like to add the following energized meditation to Dr. Hyatt's list.

The purpose of this meditation is to teach you how to identify your emotions. First, you will have to take on faith until you experience it yourself, that it is extremely rare for us to have only one emotion at a time. Sometimes we are vaguely aware of this melange of emotion. When we are asked, "How do you feel about X?" we sometimes honestly answer "I don't know. I feel all kinds of ways." As a rule of thumb, at any given moment, you have about a dozen ongoing emotions. This exercise—and some will be very good at it almost immediately and others will have to practice at some length—is designed to aid you in identifying not only what all those emotions are, but where in your life they came from. (The current situation is only the stimulus to the recall of past emotion.[1])

Broadly speaking, there are three modes of thinking: visual, auditory, and kinesthetic (see *Monsters and Magical Sticks: There's No Such Thing as Hypnosis?,* Steven Heller, New Falcon Publications, 1987). Some people think in pictures. Other people think in words. Still others are best at sensing their own body states and "go with their gut." Here we have to call on at least two of these three. We start with the body (that is where emotion is) and then apply either pictures or words for the next step. Either method can work, so use the one that is easiest for you.

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[1] For the highbrow among you, this is based on the initial theory of emotions as developed by James-Lange and then modified by Sachter and Singer and on the writings of an obscure Scottish philosopher, Sir William Hamilton.

This exercise can be done at any time. It is best done when you are otherwise emotionally calm, but the better you get at it with practice, the more you can use it. You can be having a morning cup of coffee, jogging, watching a TV program, talking on the phone. Any time is fine (except driving a car where it can easily distract you).

Step 1: Find any part of your body where you can sense some tension. It can be an arm, a leg, your back, your jaw, anywhere in your body.

Step 2: Identify that tension with an emotive word or phrase. If your preferred method of thinking is kinesthetic, then ask yourself: what does that part of my body want to do if it could act on its own? If your preferred method of thinking is visual, then picture a blackboard and let the emotion (the tension) write a word on that blackboard.

For example: You might find tension in your calf. If that calf could act on its own—if it had its own will—it might want to run (i.e., to flee, anxiety), or it might want to kick a ball (i.e., have fun, enjoyment), or it might want to kick out (i.e., anger).

For another example, the tension is in your shoulders. What do your shoulders want to do? Perhaps, shrug (I don't know, I don't care, leave me alone, annoyance). Perhaps rise to your head like a turtle pulling in its head (fear). Perhaps move your arms to reach out (lonely, need reassurance, need tenderness, want to be held). Perhaps move your arms to strike out (anger). Perhaps to pull them back as in a military posture (courage, determination, stubbornness).

You do not have to identify the emotion exactly; sometimes it is an emotive or action phrase as opposed to a word.

Step 3: Now take that emotion/tension and spread it over your whole body. I liken this to pouring a can of paint at the top of a wall and watching it gradually move down the wall covering it all in the color. Again this can be done visually or kinesthetically. You can see the tension spreading through your body or you can feel that specific tension spread over your whole body.

Step 4: Holding that spread tension (emotion) state, now again scan your body for a new area of tension. While it can be in the same place as before, that is rare and you should try to find a tension in some other part of the body. Once you have found that new tension, again find an emotive word or phrase that describes the new tension.

Almost always, on this second emotion, you will spontaneously recover a memory of when these two emotions occurred together in

your life. It is that past scene to which you are currently responding and the issue of undoing yourself is to see how that past event either participated in causing the present event, or how the past event pushed you toward a specific response to the present event.

There is no reason to stop at two areas of tension. If two does not get you to a memory, try for a third pass (identify, grow, scan, identify). There is also no reason to stop at one set of emotions. As I mentioned, at any given moment we generally have about a dozen ongoing emotions (areas of body tension). The more you do this, the better at it you will get and the more you will be able to unscrew the inscrutable.

EXERCISE 14

And now a final exercise, lucky 14. This is an exercise for the rest of your life.

It is the most exacting, requiring the most integrity (integrity is honesty turned inward: the refusal to lie to yourself about yourself). Make a list of every trait of yours you can think of. Keep the list handy and keep adding to it over time. To give you an idea, here is a list I constructed from one of my Reichian patients:

1. gets bored easily when reading
2. demands proper manners from his children
3. has trouble concentrating, tends to go off in his mind to other subjects
4. uses humor to make friends
5. looks to effort rather than results (if he works hard, he is doing it right, irrespective of the outcome)
6. pays little attention to his clothes
7. has very limited ability to sense his body
8. is polite
9. has a very active social life
10. is a very attentive father
11. treats life as a series of tasks
12. does not make long range plans
13. is forgetful
14. has trouble with anger
15. has a relatively low (for his age) sex drive
16. generally wants his wife to initiate sex
17. remembers anniversaries, birthdays, etc.

18. is compliant rather than assertive
19. sometimes drinks too much at parties
20. occasionally uses recreational drugs at parties
21. is willing to lie to protect someone's feelings

Now, with your list, for each of the traits or ways of being, try to do the opposite for a few days. Notice the anxiety (either in planning or in executing). Apply exercise 13 to find out where the pattern came from. Like healthy eating or exercise, exercise 14 is something you should plan for as part of your life from here on.

With time you will add things to your list. For example, something you notice for the first time or something someone else may have said or pointed out. Simply add it to your list. You can analyze it later.

DON'T DECIDE AHEAD OF TIME THAT IT IS IMPORTANT OR UNIMPORTANT. DON'T DECIDE AHEAD OF TIME THAT WHAT THAT PERSON SAID ABOUT YOU IS NOT TRUE.

Just add it to the list and then challenge it. If you can challenge it without a hint of anxiety or guilt or remorse, then you can perhaps mark it off the list. But better to challenge than to let that superego daemon run your life.

No doubt there are traits of which you approve. Let's say, courtesy. Nothing wrong with it, as long as it is not a compulsion, as long as it is something you can put on and take off as the situation demands. But, if you can't see how to break the pattern, then you are a victim, not of society but of your own internal cop.

BREAK THE LAW!!!

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Chapter 17

THE ALCHEMICAL TEACHINGS OF FRATER ALBERTUS & THE PARACELSUS RESEARCH SOCIETY

By Joseph C. Lisiewski, Ph.D.

In October of 1980, I completed the seven year in-residence classes of theoretical and practical laboratory instruction in Alchemy given by Frater Albertus, the owner and director of the Paracelsus Research Society (PRS). From that time to this, I have not seen any tribute paid to this modern-day alchemist. Nothing has appeared in print concerning either the Society or his alchemical and alchemistical teachings. Conversely, over the past twenty-one years, I have heard rumors of the most shocking and disgusting kind regarding this man, his morals, the "real" purpose behind his chemical and physical laboratories, and even of the layout of the PRS compound setting. Most of these ravings were (and still are) malicious delusions generated by those who neither attended his classes nor knew him personally. Others were propagated by some of his own students who were simply too lazy to do the interior (self-examination) and laboratory work he laid out, and who blamed him for their lack of results. I make this statement because I knew a number of those individuals personally.

Despite this occult mainstream nonsense, several of Frater Albertus' books remain in print to this day, e.g., *The Alchemist's Handbook, The Seven Rays of the QBL, Praxis Spagyrica Philosophica,* and the collection of *Golden Manuscripts,* the latter of which he edited and republished in the late 1970's. Unfortunately, with the passing of Frater Albertus in July of 1984, the bulk of what he built up—the entire PRS facility—has faded away. The former buildings that served as the dormitories and laboratories have since been converted into apartments. Other parts of the property were sold off to the highest bidder, while his vast library of alchemical research

manuscripts dating back to the 12th century, were sold to book/antiquarian dealers, or discarded into the trash heap. Only his Alchemical Teachings remain; and those in the minds and laboratory journals of that handful of students to whom he orally delivered those teachings during those incredibly intense, yearly, two-week class sessions—and those who did the work!

Upon the passing of Frater Albertus, and immediately before his own death in March 1985, my mentor, Israel Regardie, made the express statement to me that he wished the works of the man and the Society be remembered. In keeping with Regardie's wish and my own desire to once and for all quell the rumor-mill, I have finally set down this curious paper. It contains the *facts* of the man and the PRS, based upon my ten years of personal involvement with them. That period covers the time I was a student at the PRS and the years that followed the completion of those in-residence studies, right up to the day of Frater Albertus' death. These are the qualifications from which I desire to shed not some little light on the man and mage who chose to refer to himself simply as "Frater Albertus"—"Brother Albert." And if, after having labored in the Art and Science that is Practical Laboratory Alchemy since 1974, I am fortunate enough in accurately conveying something of his instructions in attaining to alchemical transformations and transmutations in the physical laboratory—"Where it counts," as Brother Albert insisted, "where there is no place or room for the confusion and delusion that abounds in the realms of 'spiritual alchemy' and 'soul transformation'"—then the record will be set straight here, once and for all.

Frater Albertus was the fraternal pseudonym chosen by Dr. Albeit Richard Riedel, a German national who came to America in the mid 1930s. As he personally related to one of my classes, he emigrated to escape the forthcoming nightmare he foresaw with the then rise of Nazism in his native homeland. Prior to emigrating to America, he married Emmy in 1932. Without "Sister Emmy" and her tireless efforts to keep the dormitories and the students in order, it is very doubtful that he would have succeeded in his mission of bringing Alchemy down into the laboratory—where is belongs.

While Frater spoke fluent English, he nevertheless had a very slight accent which he disguised by speaking slowly and with perfect clarity. Even in his later years, Frater, as we simply called him during our classes, was a large man, standing about six feet one inch. His broad, thick frame carried a heavily built body. His features were

typically German for the time: a large face with well-proportioned ears, classical Roman nose, broad mouth, large, deep set blue eyes, and almost completely grayed-over blond hair. He was an imposing figure for any time period. And with his mental acuity and powerful logical faculty, he could have chosen any profession he cared to. His mastery of the scientific method was better than many scientists of my own profession of physics, while his analytical abilities were second to none. Yet, he chose to devote his life to teaching Alchemy, or Parachemistry as he preferred to call it, to those individuals he chose, to attend the classes that he taught at his research institute, the Paracelsus Research Society.

The PRS was located at 3555 South 700 East, in an outlying county district of Salt Lake City, Utah. He chose this site to build his home and research institute due to the general climate and snow-capped Rocky Mountains that surround the city. All reminded him of the region of Germany from which he came. This residential setting allowed for peace and quiet during the periods of instruction, with virtually no interference posed by the distant neighbors that flanked the compound on three sides.

The compound was situated upon a substantial tract of land. It housed seven buildings: Frater and Soror's large, private home guarded by two enormous steel gates that bore the crests of the Red and Green Alchemical Lions; the two-story main dormitory; research laboratory; a small, single-story home used to house European researchers and their families who came for extended periods; a second single-story home that was permanently occupied by two elderly relatives of Frater's and Soror's; and two single-level supplementary dormitories at the back of the property. The main dormitory had two fully equipped kitchens: one upstairs and one downstairs. It had four bedrooms downstairs and two on the second level, with two students per room. Each of the supplementary dormitories housed two to three students each, while the single-story home served the needs of up to four people as well.

In 1974 I was twenty-five years of age. Dr. Francis Israel Regardie, my mentor in Magic, introduced me to Frater Albertus in October of that year. Owing to my majoring in physics at university, Regardie considered it absolutely necessary that someone in the hard sciences be taught the ancient Art and Science of Laboratory Alchemy. Both Albertus and Regardie insisted that Alchemy be studied *scientifically,* and eventually brought into the light of the

physical and chemical sciences, proper. But this, *only after* the peculiarities of this early science were understood on their own terms, and their claims evaluated objectively. In keeping with their aims and my own desire, I was admitted to the cycle of seven-year classes in February 1975. I completed the seven years in six years, by taking the fifth and sixth year classes back-to-back.

Separate application to each yearly class had to made. That is, acceptance for one class did not guarantee acceptance into the next year's class. Typically, re-acceptance was based upon each student taking the instructions for a given class back home with him or her, and continuing that work in their own home laboratory. Each one had to bring their results back to PRS the following year, and *demonstrate* what they had accomplished on their own. This was a three-day period Frater designated as Show-and-Tell. If—as in most cases—a student neglected to do any at-home work for a year or two, he or she eliminated themselves by not reapplying for the following year's class. In some cases, those who did not actively pursue the experimental work on their own still applied for further instruction. They were denied subsequent re-admission outright. There were also some individuals whom Frater allowed to return for several years, even though they staunchly refused to do the required at-home laboratory work. It was his way of allowing the *genuine* spiritual transformation that occurs from even an acquaintance with Laboratory Alchemy to take hold, and point those aspirants into other directions that were more suited to their personality structure. At some point in the seven-year program, these students also eliminated themselves.

At the opposite end of this student spectrum, individuals were admitted who could neither pay the nominal sum for the mandatory dormitory stay, nor buy their own food. In these cases, Frater waived their dormitory fee. He then gave them money to buy their own groceries and personal toiletries. This was done on one condition: that this money was never repaid to him or to the Society. Rather, he requested that they do the same for another individual at some time in the future if their circumstances allowed. He told us many times, "When you come here for these classes, all of your needs will be tended to, whether you can afford them or not. This is done so you can devote yourselves completely to the work at hand." Such was the mundane component of this man's philosophy.

Each yearly class of the seven-year cycle was given a corresponding Latin designation: Prima, Secunda, Tertia, Quarta, Quinta, Sexta,

and Septa. Generally, there was one complete, seven-year cycle of classes held at PRS each year: from early February through mid-May. From early September through late October, additional Quarta, Quinta, Sexta, and Septa classes were held for advanced students from America, Europe, and Australia, who were unable to attend them earlier in the year. In the summer months, Brother Albert and Sister Emmy traveled to Switzerland and Australia on a yearly, rotating basis, where he taught students who were unable to travel to Utah. This schedule was maintained from 1960 through 1980, the time when Frater declared that our Septa Class was the final class of the seven-year class cycle. "The Twenty-One Year Cycle has been completed," he told us on October 31, 1980, the last day of Septa Class. "Yours is the final class of the Cycle." From 1981 throughout 1983, the classes were reduced to a Three-Year Cycle. When I asked him why, he smiled and replied, "Don't you know? My Work here is nearly completed!" He passed away in July 1984.

Each class had between twelve and twenty-one students. As the dormitories were fully equipped with daily living accommodations, it was not necessary to leave the compound, except to buy groceries for the upcoming week. Living at PRS for the two-week classes was mandatory. No one was allowed to take hotel or motel accommodations elsewhere. Nor were local students allowed to live at home during the class period. This encouraged full, around-the-clock participation by each student in the experimental laboratory work that began on the third day of class and lasted until the eleventh day. On the twelfth day, all experimental setups had to be torn down, laboratory reports written and submitted to him, and the labs and dormitories cleaned and prepared for the next incoming class.

The first year class, Prima, was not simply devoted to the basics of Alchemy, but to Frater's teaching a *complete* curriculum of Occult Philosophy. This philosophy was aimed at achieving a single purpose: the unique discovery and awareness of the Self by each student through answering three basic questions:

1. Where did I come from?
2. Why am I here? or, Why am I who I am?
3. Where will I be? or, What will happen to me after this life?

To answer these questions, he taught the principles of Astrology and Western Qabalah individually, and then wedded them by an oral

esoteric teaching in such a way, that by *applying* the principles, the first-year student began to experience the Self. Glimpses of the whisperings of Self and glimpses of the "I" forever changed the individual. But the astrology was not a coffee table type; nor was it exclusively that which is found in any elementary textbook on the subject. Rather, the Astro-Cyclic Pulsations, as he called his astrological lectures, stressed the periodic nature and esoteric principles that lay behind the subject.

Each student was also required to carefully copy and color the numerous astrological and qabalistic charts and diagrams he presented to the class, as they embodied Frater's esoteric system of self-analysis and unfoldment. This mechanical procedure he insisted, would aid in the mundane understanding of the principles, while facilitating an unconscious absorption of them. Together, the oral teachings and the individual personal effort produce an effect that would eventually bring about a change or transformation in the spiritual nature of the student. This change, in turn, would allow the student to successfully work in the practical laboratory phase of alchemy. "Know thyself!" were among his special watchwords that he tried to instill in all of us.

The alchemical teachings in that first year class dealt with the revelation of the physical nature and recondite qualities of the Three Alchemical Essentials as they are termed in the ancient alchemical texts: the Salt, Sulfur and Mercury; and of the Three Alchemical Processes: Separation, Purification, and Cohabation (to cohabit; to lie together). These were then applied to the most elementary Kingdom of nature: the Vegetable, or Herbal kingdom. As he explained, the process of laboratory alchemy must begin with the application of the alchemical principles to this elementary realm of nature. For it was only by understanding how the Salt, Sulfur, and Mercury of a herb could be extracted through ordinary chemical means, and then recombined through the three processes of separation, purification and cohabation to yield a new creation that lies beyond the province of nature, that the student could aspire toward applying his or her knowledge of the three essentials and the three processes to the highest of the Three Kingdoms. This would be the Mineral Kingdom, that area of experimentation in which such compounds as the Philosophical Mercury, the Potable Gold, and the Philosopher's Stone itself could be obtained.

Nor was it enough to be able to produce a simple alchemical tincture of a given herb, although to do so was to produce a powerful medicament for healing the body and balancing the mind. Rather, since the ultimate aim of *laboratory alchemy* is to produce the famed compounds mentioned, the student was encouraged to first learn how the three essentials and three processes are combined *consciously* in the laboratory to produce the *Herbal Stone:* a "stone" which not only mimics the virtues of the reported Philosopher's Stone, but which—-through its production—teaches the student *exactly* those physical laboratory operations and esoteric principles needed to produce the Sunnum Bonum: the Stone of the Wise itself. Thus, the manipulations and principles to which the ancient texts only allude as being necessary for producing the Great Stone, are actually taught to the student through the successful production of the Herbal Stone.

It was the duty of each first year student to take the processes of separation, purification, and cohabation as demonstrated in the PRS laboratories back home, and produce a set of Tinctures of the Seven Planets of the Ancients for his or her own use. This was done by selecting seven herbs, one that corresponded to each of the seven planets recognized in classical astrology. Each was then put through the first two alchemical processes in order to remove its salt, sulfur, and mercury. These alchemical essentials were then recombined through cohabation. The seven powerful tinctures that resulted were then imbibed over the course of the year. By doing so, gross material was removed safely from the student's physical body, while the qabalistic qualities of the planets were infused into the student's nature, thus preparing the individual for the advanced alchemical work to follow over the remaining six years of classes. It was also expected that each student would begin his or her own laboratory work on the Herbal Stone at home; a process that Frater cautioned, "would take at least several years to complete. Nature does not give up her secrets easily! Nor does that realm beyond Nature which will enable you to eventually succeed in this 'Little Work'," as the Herbal Stone is called in the literature.

But what of these Three Alchemical Essentials? Just what are they? Do they actually possess a physical nature and occult properties? Are they the same in each of the Three Kingdoms of Nature? If not, how do they differ? And how are the Three Alchemical Processes applied to them? It is not possible in a paper of this length to give very detailed information regarding the above. However, what is

given here is the *true essence* of the Three Alchemical Essentials and the Three Alchemical Processes. This, albeit brief, instruction will nevertheless enable the earnest seeker after the hidden knowledge of alchemy to *read the classical medieval texts with great profit, and will open up the kingdom of this ancient art and science* to his or her own experimental investigation—if the following is studied closely.

As Brother Albert explained in that Prima Class, the alchemical 'Salt' is the *body of the herb, animal, or mineral.* It is that which is left after the natural form has been reduced to its essentials by *Fire.* This 'body' is the same in all Three Kingdoms of Nature. That is, a substance with salt-like qualities and appearance, and whose chemical nature is *basic,* not acidic. It is the product of final reduction. It will undergo a change-of-state as it is purified—one that reflects the Supernal Triad on the Tree of Life. That is, it will pass through the color changes from black, to gray, to white—passing from Binah to Chokmah to Kether—as it attains purity. This is not only true of the Salt in the Vegetable Kingdom, but of the Salts in the Animal and Mineral Kingdoms as well. When it reaches the final stage of white, it can defy physical laws as we know them. An example being, the purified salt can literally rise up from the surface upon which it is undergoing purification, and float in the air. I have personally witnessed this a number of times, and have satisfied myself that air or thermal currents from the heating-purification operation have nothing to do with this phenomenon.

The alchemical 'Mercury' is the esoteric *Life* of the substance being worked with. It has different 'vehicles' depending upon the Kingdom of Nature in which the individual is working. In the Vegetable (Herbal) Kingdom, the vehicle of the Life is an *alcohol.* It is obtained directly from the herb being worked on by the technique of fermentation, and extracted by simple train-distillation. In the Animal Kingdom, the vehicle is the *blood.* In the Mineral Kingdom, it is an *alkahest,* and is removed from the mineral, e.g., antimony, by first subjecting the mineral to a sub-process of Separation called digestion. In this step, a menstrum, or other liquid medium capable of binding with the alkahest, is first added to the mineral. In the case of antimony, the menstrum remains combined with the alkahest for use. The menstrum used with antimony to achieve this is common 190 Proof grain alcohol. This is used in preparing the Unfixed Tincture of Antimony. For producing the Fixed Tincture of Antimony, the *previously prepared* antimony is 'treated' with 6 N acetic acid in order to

'fix' its Mercury. The resulting antimonious acetate is then extracted, using grain alcohol in order to separate the antimony's Sulfur and Mercury for use.

In the case of lead when the 'Great Work' is attempted, the menstrum is removed from the alkahest after digestion by another Separation—repeated distillations, the first of which is through simple train-distillation. The remaining distillations are only accomplished through laborious distillations using extremely exotic glassware that must be specially designed by the student and blown by a master glassblower.

The alchemical Sulfur is the *occult Consciousness* of the substance under investigation. In all Three Kingdoms of Nature, its vehicle is an *oil.* That is, a physical substance whose common qualities of viscosity, odor, and appearance resemble that of an oil. In the Herbal Kingdom of Nature, due to the minute quantities present, the oil is separated by the ordinary chemical process of dry distillation. Normally, many pounds of the fresh herb must be treated in this manner due to the exceedingly minute quantities of oil present in herbs in general. *The Sulfur is removed prior to the fermentation.* In the Animal Kingdom, the sulfur is obtained from the *yoke,* that part of the embryo which produces the veins, arteries, and blood of the animal. This Sulfur is extracted through an ether separation, a process that is actually easier than it sounds. In the Mineral Kingdom, the Sulfur is obtained from the alkahest, as it is bound with it by nature. This latter separation is not exceptionally difficult with, e.g., antimony. It is extraordinarily difficult when working with lead.

As to the preparation of the Herbal Stone, or, accomplishing the Little Work. After the student selects the herb to work with, it must first be dry distilled as stated earlier in order to obtain the alchemical Sulfur (Consciousness) of the herb (Separation). Following this, it is fermented to produce an alcohpl, which is actually a 'wine' of the herb which will contain the alchemical Mercury—the Life of the herb (Separation). This alcohol must then be separated by successive train-distillations to obtain the pure alcohol of the herb. After the Sulfur and Mercury are obtained—and *according to their natural proportions as established by Nature*—the herb, now referred to as the 'feces' of the herb, must be incinerated to reduce its gross body (Purification). The first color achieved here is that of black (corresponding to Binah). In this state, the black ash is referred to as the *Caput Mortem* or, Death's Head.

Following this, the black ash is placed in a unglazed earthenware dish and calcined (varying degrees of heat applied with a Fisher burner), to further reduce its mass by separating the essential from the nonessential parts of its physical nature. An unglazed dish is used to allow the ashes to breathe as the heat of reduction is applied. That is, air flow will occur from the bottom of the dish propelled by the flame beneath, and move *through* the pores in the dish, completely removing that which is unessential in the process. This is a very important consideration.

As the calcinations proceed, the black ash will turn to a dark gray, and finally—after approximately seven days of continuous calcination—to a light gray (a correspondence to Chokmah). The purification is continued for weeks or months—day and night—until the salts appear as a white, powder-like substance in the dish. These are the true alchemical Salts of the herb. Their essential Quintessence have a color and occult correspondence to Kether.

The beginning of the Little Work proper now commences. It must be remembered, as Frater Albertus stressed to us in class, the creation of the Herbal Stone is not simply a product of mechanical manipulations as employed in an ordinary chemical laboratory. Rather, since the Stone's creation is said to reflect the state of genuine, not imagined, spiritual development of the student, success will only be obtained when the inner process of growth and the outer manipulations in the laboratory have achieved harmony. Hence the reason that it may possibly take years to produce.

The pure white Salts are now placed in a "Pelican's belly," as the medieval texts refer to a *retort,* and the slow process of imbibition with the Mercury (alcohol) and the Sulfur (oil) begun. Drop by drop, the Sulfur and Mercury are added to the white salts until the salts take on the color hue of the Sulfur, and a semi-viscous mass results. This mass is left to cohabate ("lie together") in the retort, until a distillate appears in the arm of the retort. When the clear distillate reaches the lip of the retort, it is collected and saved. This highly volatile liquid is referred to as the *"Sharpened Mercury of the Stone."* The process of imbibition continues over months, until the semi-viscous mass cannot accept anymore fresh Sulfur-Mercury combination. As the mass congeals and nears its endpoint by refusing to accept additional fresh Sulfur and Mercury, the worker must swirl the retort. As this is done, the mass will roll into a stone-like object. Now the final process of imbibition begins.

The Sharpened Mercury of the Stone is now applied to the hardened mass in the retort, drop by drop, over weeks or months. The small 'stone' in the retort will now accept this more volatile Mercury. At some point the stone will refuse to accept anymore, evidenced by an even more highly volatile clear liquid being given off by the stone, and condensing in the arm of the retort. At this point, it is necessary to smash the retort in order to remove the stone-like object.

Finally, the object is placed in a glazed crucible, and Fire applied in ever-increasing degrees of temperature until the stone-like object hardens into what literally appears to the sight and touch as a 'stone.' I used a highly regulated, thermocouple-temperature sensing, solid state *Blue M Muffle Furnace* in my own work. The temperatures used began at 100° C (Celsius), the work being completed at 1,000° C. While the stone is forming throughout the degrees of heat, it must be re-imbibed with the Sharpened Mercury after each treatment in the furnace. It is this final action that brings the stone to completion.

The finished Herbal Stone will be pure white in color, extremely hard, and extraordinarily heavy. The stone is tested by wrapping one end of an ordinary string around it, and attaching the other end of the string to a pencil. Several ounces of any dried herb are placed in a large glass vessel, e.g., a 2-Liter beaker, along with approximately 1.5 liters of plain tap water. After the herb becomes saturated with the water, it will of course, sink to the bottom of the vessel. The stone is then added to the beaker, such that it is suspended by the string-pencil combination at a point just below the water surface. What happens next is beyond the explanation of everyday science.

Depending upon the maturity of the stone, in a few minutes, the heavy, saturated mass of herb on the bottom on the beaker will float to the top of the water, and surround the stone. It will remain there for hours, after which it will sink back down to the bottom of the beaker. A few hours later it will float back to the surface again. This time, in only minutes, it will sink back to the bottom where it will remain. But floating on top of the water's surface will be found the entire Salt, Sulfur, and Mercury of the former dried herb. The Mercury-Salt-Sulfur combination is now simply spooned off and consumed by the worker as a powerful herbal medicament. In brief, the *action of a functioning, mature Herbal Stone, is to remove the Life, Consciousness, and Body of a raw herb and concentrate it in a very brief period of time.* The stone is then simply washed off and stored

away for future use. It remains a permanent object, refusing to dissolve even in weak acids.

I should point out that there are several ways to make a Herbal Stone, all of which were discussed in detail at the PRS during subsequent class years. These other methods include making the stone from the light gray Salts as well, or from the water-soluble Salts that can be 'leached out' of the gray Salts. I have provided a few references at the end of this paper for those interested in pursuing this Work.

In my own case, I made four stones by four different methods, and demonstrated their action to Frater Albertus and my fellow students in my combined Quinta-Sexta Class in 1979. It took four years of work to unlock that within myself which was necessary to create this alchemical material. The knowledge and experience of the alchemical procedures involved, and that which the final Herbal Stones 'conveyed' to me, are invaluable.

The next three years of classes, Secunda through Quarta, were concerned with working in the Mineral Kingdom of Nature. That is, expressly with antimony. Occurring in nature in the deadly form of antimony trisulfide, this mineral is always found bound up with arsenic. Frater explained to us that Nature hides its most precious medicines among its deadliest poisons. To unlock the secrets of the alchemy behind the laboratory operations, Frater gave each of us a copy of A. E. Waite's translation of *The Triumphal Chariot of Antimony.* Written by the German Benedictine Monk, Basillius Valentinus (Basil Valentine) in 1415, and first published in 1604 through the efforts of John Tholden Hessius (Johann Theolde), those three years of classes were spent going over the entire volume sentence-by-sentence, paragraph-by-paragraph, and page-by-page. Frater's initiated comments and further explanations along the way opened our eyes to the incalculable value of the manuscript before us.

From the Unfixed and Fixed Tinctures of Antimony made from the 'fume' and the qabalistic colors of the Glass of Antimony this element produces when exposed to heats of 900°C. to 1800° C.; to the secrets of preparing the Krikrum Menstrum and the Sulfur of Antimony; to the final preparations of the "Butter of Antimony" and the methods of their safe, proper and natural use—all were covered in minute detail before their preparation was demonstrated for us by Frater in the laboratory. "Know the theory before attempting the praxis!" was his razor call before attempting any practical laboratory work in alchemy. As with each year's instruction, we took the knowl-

edge we were given back to our homes and labored to reproduce the results on our own, prepared to show what we achieved during the next year's Show-and-Tell sessions. The reader would do well to remember, that if the explanations of the Three Alchemical Processes and the Three Alchemical Essentials are applied to *The Triumphal Chariot of Antimony* in a thoughtful way, the secrets laid out by Basil Valentine in that important work will open before your eyes.

In the fifth year class, each of us was given separate laboratory space and all equipment needed. We were allowed to work for the two week period on our own, reproducing or perfecting any of the antimonious marvels we had investigated in our home laboratories, and compare results with our fellow classmates. As with each class, extensive laboratory reports were prepared before the two week period ended, and submitted to Frater for evaluation and permanent storage.

The curriculum for the final two classes, Sexta and Septa, was determined by Frater according to the makeup and complexion of the students who succeeded in completing the Seven Year Cycle. In some classes, work began on the "Green Lion;" others began their work on the "Philosophical Mercury," while yet others worked on the "Potable Gold." My class was instructed in what is reputed to be the darkest corner of alchemy: the "Water Work." It is a subject in which I was intensely interested, and which I spoke privately to Frater about in earlier years.

This work is based upon the theory and practice set down in *The Golden Chain of Homer,* a private manuscript translated from a Latin work circa the fourteenth century first into French and then into German. The English translation used was derived from the first German publication that appeared in Leipzig in 1723. It deals with the production of a substance termed "Gur," or the "Pre-Adamic Earth," from which the Three Kingdoms of Nature themselves can be generated. In other words, this is the primal base material from which all Creation arose. In the Christian-dominated Europe of the day, it is easy to see how this area of alchemical experimentation received the title of "Nature's darkest corner."

My interest lied solely in generating the Animal Kingdom of Nature. That is, to start with, the generation of small crustacean-like creatures Homer reported could be 'created' from simple rainwater, which was the foundational material of Homer's entire manuscript. What makes this work unique, is that this water must be collected

during a violent electrical thunderstorm, following which it must undergo the process of "putrefaction" (chemical breakdown). The putrefaction produces the Gur, or Pre-Adamic Earth, which precipitates out of the water medium as a grayish, string-like substance. Following this, the experimentalist must obtain the "Water of Air, Water of Earth, Water of Water and Water of Fire," by successive distillations of the electrified and putrefied rainwater. These 'waters' are then used in certain combination to imbibe the dried Gur. It is from this process that the creatures of the Animal Kingdom referred to above are generated. It is, as it were, an early experiment in Spontaneous Generation. However, the *Golden Chain* reports that the creatures generated do not fit any known species or genus. Approximately 200 gallons of rainwater of the type described are required to begin the process.

Our experimental efforts in this corner of alchemy were limited while at PRS due to the putrefaction and distillation times required: six months to one year. But that work did begin, and the progress made demonstrated to us that there was indeed a basis in fact for what was written in the manuscript.

I continued the Water Work after completing the seven years of classes, and produced two papers which were published by Frater in his journal *Essentia: Journal of Evolutionary Thought in Action.* The first paper was entitled "The Analytical Technique Applied to the Water Work: A Modern Approach." It appeared in Volume 1, Winter 1980 issue. That essay dealt with the very real everyday problems encountered in collecting and handling such a massive quantity of rainwater. Modern techniques of 're-electrifying' the water and effectively putrefying and distilling it were also given, such that other contemporary workers could also delve into this alchemical branch of Nature's mysteries. These techniques were based upon my own successful efforts.

After two more years of work, my second paper, "On the Generation of Animals" was published in the *Essentia* journal, Volume 3, Summer 1982. The cover of the journal featured a color photograph of the Gur-Water combination and the crustacean-like creature that was generated by the Homeric process. The paper itself, complete with numerous photographs, explained the process completely in everyday terms so others working in the field could reproduce the results for themselves. As stated by Homer, the crustaceans

that resulted could not be classed into any species or genius when given to zoologists and biologists to identify.

Following these successes, Frater and I had several private discussions regarding what is traditionally described as the blackest area of this dark corner of alchemy: the creation of an "Homunculus." This was the single goal to which I directed my alchemical investigations after completing the seven years of PRS classes.

According to legend, this creature appears as a miniature human being. That is, it is made from the Salt, i.e., possesses a physical body, which is infused with the Mercury, or Life itself. But it does not possess a Soul, or 'consciousness' in alchemical terms. It is up to the alchemist to work with such a creature, and give it a purpose to fulfill. The Salt for this Grand Experiment is the Gur, or Pre-Academic Earth. The 'Mother Earth' in this context is the Body. The Mercury or Life must come from the "Father." That is, from the alchemist himself. For in this particular realm of alchemy, only a male alchemist can generate the Homunculus, as his seed must impregnate the Mother Earth. After the impregnation occurs—as with a human child—the cycle of development and growth begins. The rest is left up to the reader to fathom—or to "reproduce."

In closing, it is my sincere hope that the knowledge and instruction presented herein will serve to forever dispel the gross accusations and pseudo-intellectual diatribe leveled against the genius and man who was Frater Albertus—Dr. Albert Richard Riedel. His initiated understanding and love of knowledge and wisdom opened up the secret paths of Alchemy to literally thousands of individuals throughout the world. That work is still being carried on today in the private alchemical laboratories of those few of his students who persist in carrying out his highest axiom: "Work!"

SUGGESTED READING

The following books, when used with the information provided in this paper, will help the desirous student to unlock the mysteries of the Three Kingdoms of Nature.

— Frater Albertus. *The Alchemist's Handbook.* 1987. Weiser Books, York Beach, Maine. (This work gives the student specific knowledge on working successfully in the Vegetable [Herbal] Kingdom

of Nature, and shed much light on modern-day chemical laboratory operations.)

— Frater Albertus, translator and compiler. *The Golden Manuscripts.* Kessinger Publishing, LLC, Kila, Montana.

— Basillius Valentinus. *The Triumphal Chariot of Antimony, with the Commentary of Theodore Kerckringuis, A Doctor of Medicine.* Translated by A. E. Waite, Kessinger Publishing, LLC, Kila, Montana. (This book is also currently available from the cited published. Complete details on working in the Mineral Kingdom of Nature are contained within.)

— H. Nintzel, compiler. *The Golden Chain of Homer.* 1723 edition. Restoration of Alchemical Manuscripts Society (RAMS), Richardson, Texas. (RAMS has ceased to exist. The rights to this and other alchemical mss were turned over to the Rosicrucian Order AMORC, San Jose, California. At this time, the manuscript in question is available from them.)

— Glauber, Valentine, et al. *A Compendium of Alchemical Processes.* Kessinger Publishing, LLC, Kila, Montana. (A very useful overview of processes directly involved in producing the Stone of the Wise.)

— A.E. Waite, editor and compiler. The Hermetic and Alchemical Writings of Paracelsus. 1910 edition. Kessinger Publishing, LLC, Kila, Montana. (The "Great Book" of Alchemy, in both theory and practice. The essential one source for reference and working.)

Chapter 18

EROS ET THANATOS[1]

By Virgil Mae Bathin

So, you are a liberated man or woman of the 21st Century. Or so you tell yourself, don't you? The sexual revolution of the 1960's has freed you from your shackles. Now you can definitely call yourself the modern sexual sophisticate. After all, your sister has come out of the closet as a Lesbian. You handled that quite well didn't you? You now attend Gay & Lesbian Pride Parades and applaud the change in the DSM IV concerning its removing homosexuality from the list of perverse psychological disorders. Hell, even your Mom and Dad have gotten in on the act! The *Leave It to Beaver* sex of the 1950's has been replaced with Tantric workshops full of incense, wild positions, and candles. Dad even lets Mom tie him up in his best lace undies while she beats his ass with a brush until they both cum in a sweat. Moreover, outside of a few morally superior fundamentalist circles, we can discuss these things with ease. Yes, we have come such a long way. Or have we?

Last night I hung my lover. Ah the sweetness of it! I disrobed her luscious body revealing her supple breasts and full hips. I tied her hands willingly behind her back. I could see her eyes widen in anticipation as I threw the makeshift noose over the closet door. She stood on a stack of books as I tied off the rope on the doorknob. My erection began to strain as I removed the books, and she struggled for footing on the floor. Ah, the excitement growing as she struggled to breath. Her face began to darken under the strain and stress of the noose. Her eyes pleading with me for release yet her nipples were erect with pleasure and her pussy wet with desire. I stroked myself as she hung there. Fear, desire, and something else hung mysteriously thick in the air. I grabbed her hips and slid her pussy wet with plea-

* The sex play and ritualized drama described here are potentially dangerous forms of Tantric growth. This "Left Hand Path" is for neither the morally timid nor the psychologically weak and can be physically dangerous as well! As one online necro-fantasy site exclaims: "These are only fantasies! If you can't tell the difference, you're in the wrong place!"

sure onto my cock. She shook with pleasure or was that fear? Her tongue began to loll out of her mouth and her eyes rolled upwards. Suddenly she was a dead weight in my arms.

I orgasmed violently!!!!!!!!!!

Then I gently lowered her unconscious body to the ground. Her eyes fluttered opened, and she smiled softly. I held her in my arms the remainder of the night—both of us content and at peace—dreaming of the next way I would kill her during our sex.

That was no fantasy. In addition, we aren't the only couple having such sexual experiences. How dangerous that was you are thinking? She could have died. Yes, it was dangerous, and she could have died! How perverse and evil that act must be thinks that conditioned religious response gnawing at your soul. Yes, it is deliciously evil! She must be a masochist, and he must be a sadist you rationalize. After all, that is still covered in the DSM IV. That is the reason for their behavior. Ah, yes, that is it. It was just a twisted S&M game. Ah, if only the intricacies of the human psyche were that simple to explain. A hundred plus years of psychology and neuroscience really just gives us more labels to place on our behaviors and ourselves, but are we more liberated and truly free because we think we understand why we are the way we are?

Eros and Thanatos. Love and Death. Creation and Destruction. The polarities are endless. At the tender age of four, I remember having my first sexual fantasy. I would lie on the mat on the floor in the local daycare and images of my beautiful Mrs. Church being hung slowly would excite my little body and mind. By age 9, I had a love of horror movies because I could see images of beautiful women being terrorized and killed. Of course, my favorites always involved asphyxiation of some type. By age twelve, I was masturbating to these images. I hid these desires so well during those teen years, but I was constantly plagued with thoughts that I must somehow be fucked up. I was a serial killer in the making, right? So, that's when the search for answers began. I read the details of all the great serial killers of modern history and the psychological analyses of their behaviors and life. Nevertheless, something was wrong. I didn't torture small animals like they said I should. The thought appalled me. I didn't perpetrate violent acts towards my younger siblings or friends. My father wasn't violent and my mother wasn't seductive. OK, I had

to keep searching. I moved on to the greats. Freud understood and labeled the twin instincts of Eros and Thanatos, but his Victorian writings hinted at nothing of their uniting during the sex act. Maybe Jung would hold the key. Ah, this must be a shadow side of myself. I must secretly hate women or some other dark horror existed there within this waking dream.

College came and went. My first lovers were ultimately boring to me. Yes, they were beautiful and at times I even orgasmed. Yet, something was missing. My masturbatory fantasies were far more exciting as I watched Hitchcock's *Frenzy* with Barbara Leigh-Hunt strangled in her office chair so deliciously. Then that fateful day arrived when the unstoppable urge for the union of the opposites occurred. I had a lover whom I strangled during sex. I remember only that she came hard and was shocked and scared. I blacked out. I awoke naked and cold sitting in the chemistry-building stairwell with her and a friend trying to cajole me into clothes. Ah, Virgil, the journey had just begun.

I first saw a Christian counselor on campus. She attempted to convince me that my collection of Playboy's and my having sex out of wedlock were to blame for my strange and perverse behaviors. Our therapeutic relationship didn't last long! Next came the Freudian while I was in graduate divinity school attempting to deny those dark desires. He was certain that I must hate women and that stemmed from my love/hate ambivalence towards my mother. Maybe he was on to something. My mother and I had a strained relationship. Later I was to discover that it was because we were both so damned equally willful and neither of us was willing to budge. So, that didn't explain my sexual desires fully. By now, I had met a perfect lover. She was a drug addict and lived most of her life in a Heroin haze. My strangling her to unconsciousness during sex was nothing new to her. And she was so fucking out of it most of the time that it never really crossed her mind to determine that maybe I might accidentally or even purposefully hurt her.

Ah, but I still struggled inside to reconcile with and understand this hungry beast. The next guy was a psychiatrist. I can only imagine what he thought my issues were, but it became abundantly clear that he wanted to lock me up. I packed my bags and left the state the next day.

More lovers followed. Some I practiced erotic asphyxia with and some I didn't. Counselors came and went. I worked with Neo-

Reichians and other bodyworkers who were convinced that there was a simple psychophysical explanation of my perversity. I breathed. I cried. I kicked and flayed about on mats on the floors. I was rebirthed. I got Rolfed. Hell, I even got acupuncture. By my mid twenties, I was a counselor and a healer having studied and participated so fully in all my own explanations. I denied my desires with some lovers and expressed them with others. I pushed my own boundaries. Did I want to secretly be asphyxiated myself? Tried it, and nothing happened. Was I gay? Tried to have that experience and nothing got stimulated there either. OK, so now what? Traditional religions and therapies didn't hold the answers. Perhaps non-traditional ones might. Hypnosis revealed some sexual abuse from my past by my grandfather. Well, that must be it, right? Nah, I was abused at an age after I had already begun having such fantasies. Maybe it was my Mars conjunct Neptune in Scorpio. Yeah, that fit. But all that did was describe what I already knew. It really didn't offer any answers as to where it came from. Or did it? Was I beginning to come to the slow realization that I simply was this way from birth. What a novel concept. Jung said that the goal of human development was not perfection but rather integration. Gay friends would struggle to tell their heterosexual friends that they felt attraction for their same sex at an early age. It was just natural for them. Was it simply natural for me to feel turned on by death and the act of murder?

My first wife came and went. She didn't know of my desires until she married me. She tried to accommodate them but ended up seeing me as the personification of everything evil she had dejected in herself. The clinical sexologist was next in the exploration of Virgil's dark psyche. "Sexuality is a continuum," he said, "We all fall someplace along it." Eureka, I thought, finally something that made true sense.

I embraced my desires. I sought out others who shared it. I joined secret sex sites scattered through out the web of other "necro" lovers. I wasn't alone. There were others. Some, like myself, loved the noose and the thin cord around their lover's throat. Others wanted the sharp blade and the blood. Still others went to a place that I never wanted to go—they wanted to have sex with the dead. There are sites out there with images of dead women laying on slabs. Men fantasize about sex with them and in the forums they struggle with this desire that has led them to become morticians and EMT's. Women describe their desires to be drugged into unconsciousness so that their lovers can fuck their

lifeless bodies as if they were dead. These men and women are police officers, therapists, lawyers, and computer geeks. They use pseudonyms like Nyloncord and Chokechick to hide their identities online in case their priest or parent might find them out. They are our sisters and your husbands. Many have lovers that have no clue as to their double life on the Internet and in their heads. Maybe one of you reading this has had these fantasies deep within your most secret psychic spaces? Maybe one of you has seen the "dead" girls modeling for our pleasures at Club Dead? Maybe one of you is she?!

My lover is not a choke chick *per se.* She is, however, bisexual. She has struggled just like I have her whole life to integrate her deviant sexual desires. So we understand each other. She revels in my fantasies and desires, and I revel in hers. Out of all of her lovers, I understand her the best because I have been to that dark place in my own psyche where my sexuality is not able to be easily labeled or understood. I surrendered to the dark sides of myself and have found the integration. This is the goal of all true Tantric systems.

So, why I am this way? Does it matter? Is there any rational explanation? Can I or should I create a new label for myself as we stupid humans are so want to do? Can I just accept it and live with it? Can you? Can you dive into your paradoxes? Can you explore your own sexual taboos? What is your sexual construct? Are you really as liberated as you think you are? We all have our edges. We all have what disturbs us and what draws us and excites us. Be careful, if you allow yourself you might go deep enough to see that those two things are one and the same.

Eros and Thanatos are not opposites!

They are one and the same!

Life and Death.

Creation and Destruction.

Love and Hate.

Pain and Pleasure.

Do you have the balls to embrace them both?

Do you have the gall to tell others to fuck-off if you do succeed?

Are you willing to become truly sexually liberated and free?

I didn't think so!!

Chapter 19

A FEW WORDS FROM THE PRIME MINISTER (Or, A Short Note from Hell)

By Zehm Aloim

"We'll take the jeep as far as we can," said the hurley looking Pontiff (aka Dr. H.) matter-of-factly as we headed down the outside steps of his thatched and elevated hut. I followed him along a path that wound its way around the back of the hut where the W.W.II vintage vehicle sat parked under a somewhat rusted, make shift tin-roof structure. He briskly jumped into the driver's seat, cranked the engine a few times as I situated myself in the front passenger seat and after several attempts the high bishop started the engine and off we went. "And we'll pick up Jason along the way," he said, "He *should* be ready, that *is* if he's not drunk on his ass."

We sped our way down the sandy coast as I sat quietly gazing out over the moonlit ocean that surrounded the island. "There they are," declaimed the pontiff as he looked out over the black chrome sea. "There is what?" I questioned. "The three stars," he retorted. He then pointed his finger towards the heavens that embraced the utter darkness of the flat and briny liquid expanse that lay only a few feet from the path of the speeding jeep. As I scanned the South Pacific skyline for three specs of distant light he retrieved a cigarette from his shirt pocket, lit it and continued to push forward through the cooling tropical night air.

After we had traveled about a mile or so I began to notice bits and pieces of some form of wreckage poking up out of the sand here and there. Soon it became apparent that what I was seeing was the remains of some long forgotten military skirmish. Various fragments of late twentieth century helicopters, armored vehicles, rusted wheels and ripped up tires littered the once pristine beach. "This is only one of our monuments to the Great War," came the voice of the Dr. over the rumbling drone of the speeding jeep. "Why they would even look for us out here is still beyond me," he half-hollered over the unrelent-

ing noise of the engine, drive train and the slender all-terrain tires that ferociously spun their way through the wind blown sand. "We put up a good fight until we decided that playing dead would be a far wiser decision then giving them cause to call in reinforcements. We simply disappeared into the shelters and they flew away happy. They would have annihilated us if we hadn't of done so... *But* it was their Christian duty," he half humorously sneered. "They were, after all, the initial catalyst for the eventual genocide of almost ninety-nine percent of the world's population, and all in the name of Jeeeesus!"

Just then, he reeled off sharply to the right causing us to leap over the crest of a sand dune in the process. When we touched down I released my grip from whatever it was I instinctually grabbed as the jeep suddenly went airborne for several thrilling seconds. I then took the liberty of snatching a cigarette out of the Dr.'s shirt pocket. I pushed in the cigarette lighter on the dash and looked up at the heavens. "If one could count the stars, one might then know the meaning of infinity," I thought to myself as I tilted my head back and contemplated the star laced & ebon firmament above us.

As I silently considered the possibilities that existed within the boundlessness of eternal space & time I could feel the velocity of the night air against my face gradually lessen. The Dr. then began to brake & downshift slowing the dogged little jeep to a snail's pace. I lowered my gaze and looked out through the distinctly rectangular, split-in the-middle windshield. Ahead of us was what appeared to be a substantially large boulder in the middle of the beachhead. "I think you're gonna really like this," said Dr. H as he pushed a little black button at the top of the dashboard. Like magic, the huge obstruction ahead began to split and separate as slender beams of light slipped through the newly created fissure. As the aperture directly before us grew wider it became increasingly apparent that the opening ahead led down into a well-lit and surprisingly capacious parking structure.

"Are you ready Jason?" intoned the Dr. in a rather teasing sort of fashion to the man who stood waiting for us at the bottom of the ramp. Me ready? replied Jason with a quite obvious hue of amusement in his voice. "The question is: are you ready this time dear Dr.?" Jason then walked off a short distance in one direction as we pulled off and headed in the other, the Pope giggling under his breath whilst muttering something or other about all his friends being Qlipoth.

'This is as far as we will be going in this antique," said the amply fed yet somewhat weather worn bishop as he parked the jeep in a

secluded corner of the hide-away underground parking structure. High above me I could hear the sound of the phony rock doors softly colliding as I began to take notice of the opulent array of vintage cars and military vehicles that filled fifty or so spaces within the underground garage.

When we finally caught up with Jason, who was waiting for us at the other end of the hidden parking lot, another secret doorway opened in the rocky wall before us. On the other side of the doorway was a small balcony that overlooked a huge underground lagoon about hundred and fifty feet below us. "This way," motioned the Dr. as I turned around to see an elevator guarded by two beret-capped soldiers. Neither soldier even as much as blinked as we stepped into the brushed steel interior elevator. His holy See pressed the G button and I soon could feel the G-force tugging within the pit of my stomach as the elevator rapidly made its descent to the ground floor.

Around the lagoon was a large flagstone deck and around the deck were a number of well-lit doorways that led into various chambers that had been expertly hewn into the solid bedrock that this veritable tropical paradise rested upon. My attention was drawn mostly however to the fairly large number of half-naked Polynesian women who graced the gray stone decking around the lagoon. "Behold, the Eves of the New Aeon!" roared the pontiff. As I looked closer I discovered that as many as a third of the women I could see were indeed in some stage of pregnancy. "These women shall bear the new Children of the Earth," Jason explained. "If these are the Eves then where are the Adams?" I asked. "There will be time to explain all of that later," said the Pope, "but now we must concentrate on the matter at hand."

We all lowered ourselves into some kind of speedboat that sat waiting at an inlet on the far side of the lagoon. The good Dr. then took a swig of bourbon, turned the key and the slender vessel lunged upstream with a vengeance.

The exuberant pontiff navigated the myriad of tunnels as if he had been through them thousands of times and he did so at lightening speed. The craggy tunnel walls were lined with torches that whizzed by in quick little blurs as the super-charged V-12 engine in the back roared with a reassuring hum of complete self-confidence, jettisoning us through each new corridor along the way with ease.

Within me I began to feel as if my soul was becoming supercharged. Whatever fears I may have initially had regarding the incredible speed we had attained were completely squelched by the exhila-

ration that flowed through my veins with an electricity and puissance one can only feign describe. It was almost as if the very Life Force of the Universe Itself had shot a searing spark of Itself into the very center of my being. It was almost if I had never ever really been truly alive until that point in my life.

Many, many people have so called peak experiences, and after the experiences are gone they are just as ignorant, stupid and dumb as they were before they had the experiences.

Without warning, Dr. H slowed the speeding boat down to a crawl. What I then witnessed, as I gazed at the mysteriously haunting yet astonishingly beautiful panorama that blossomed out of nowhere just ahead of us, was, without question, the most magnificent sight I had ever beheld.

The boat silently drifted to the centre of a huge sort of water-topped balcony that glowed with an amber light that radiated from below. The maverick pontiff then leaped over the narrow windshield and then landed with ease upon the boat's streamlined prow. Raising his arms to the blackness of the star-speckled night sky above him he shouted, as if to the Gods themselves, "This is my island, my kingdom, my universe and my Self!"

I looked out over the edge of the massive pool to see, opposite us, a massive concave wall of solid green rock that had been intricately carved into the face of an ancient mountain or volcano. Subtle flashes of green light would from time to time move in various patterns through the translucent surface of the rock that was sparsely covered with jungle vines as well as various ferns and other tropical foliage. There were also a number of water-balconies such as the one we were on. All of them varying in size and all of them possessing a luminescent waterfall at their outside brim. Each one seemingly somewhat different in size and shape, and each one's glowing waterfall a different color, I studied this fantastically strange yet wondrous view for several bedazzled moments as if lost in a sort of trance. I then began to realize that this most curious place and something deep within me were interacting in some very significant way. Sublimity, harmony, duality and oneness all seemed to pulsate as living things within me and without me. I, and this bewitching and mysterious place, were resonating with a current of divine electricity that I had ne'er this intensely felt before in my life.

"Blavatsky was right," piped Jason. 'This, my friend, is Lemuria!" he then stated with a sort of patriotic pride. Perhaps I should have acknowledged Jason's astounding announcement in some way, but I didn't; I just sat there with my wide Irish blues completely and intrepidly fixated upon the indescribably beautiful spectacle I was now beholding, while my heft hand, with the distinct flow of an habitual and deliberate automation, retrieved the Dr.'s bottle of bourbon. I unscrewed the top, put the bottle to my lips and with a sort of vigourous nonchalance, downed a right healthy swig.

The exuberant Pope then jumped back unto the boat's deck, grabbed the helm with an unmistakable air of satisfaction and navigated the small craft back to a dock that lay just inside the entrance to the water-balcony. We then slipped through a narrow entranceway that led down a staircase that was hewn through the luminous emerald coloured stone. As I examined the anomalous rock from this closer vantage point I noticed that beneath its solid exterior surface it seemed to radiate with a kind of intelligent fluidity, I soon felt as if the walls around me were trying to communicate something or other to me. And then gradually, as we continued our descent, I began to somehow psychically hear the eerie echoes of someone attempting to speak to me in some ancient & foreign tongue. Just then, as the internal volume of the voice began to grow to the point whence I could swear I was actually hearing it with my physical ears, Dr. H emphatically grunted "Watch it! These are the living rocks that were prophesied by our dear old Uncle Al my good friend. And, if you continue in the direction you are presently heading for too long you will be talking to these stones for days, that, whilst you are totally unaware of us or much of anything else. Think about a velveteen alter of nice tight pussy for now o prophet of the whispering rosy red rectum. There will be plenty of time to engage yourself with the precious stones of water down the road a ways."

Step by step, we coursed our descent through the strange enchantment that lived and breathed within the ancient stairwell. I subdued the seduction of the voices as best I could. Dr. H assisted me in my efforts to do so by striking up a monologue regarding the little known fact that the British government had nearly declared war on the United States in the early part of the Twentieth Century. Jason interjected his take on the topic and me, I just continued walking, watch-

ing and resisting the subtle yet distinctively powerful seductions of the enigmatic stone conduit that surrounded us.

We were approximately half way to the bottom when a variety of geometric figures began to appear before us as holograms in somewhat predictable intervals. All, not only differing, but changing in shape, color, hue & size. At various times two or three of the translucent and three dimensional forms would merge with one another; forming new shapes, shrinking and finally disappearing into little spark sized circlets which would dart off into the distance and or burst into a thousand tiny specks of multi-coloured light. The latter reminded me of a typical holiday fireworks display, only on a smaller more subtle level of course.

"They are *talking* to us now Jesus!" remarked the Dr. I somehow knew that by "Jesus" he, in his characteristically sardonic fashion, was addressing yours truly. This statement was, needless to say, followed by one of his rhythmic little sarcastic giggles.

"Indeed they are my most holy Pontiff," I responded in kind. "But what the hell are they trying to say for fucking Christ's sake?" I added with the best sense of humour that I could, at that point, inject into the words I was virtually forcing out of my tightening throat.

"Chaos, transmutation, creation, dissolution, order... The Universe is a system of numbers that flow and interact, sometimes in ways that are perceivably orderly and at other times, they are seemingly quite chaotic or random in the way they act, react, perform and, ah, *play,"* he promptly replied with a certain tone of controlled enthusiasm in his voice. This, I supposed, was a good enough explanation for the time being at least.

It did not then, from that point, seem to take us long before we reached the last step and finally walked out into the aged yet Elysian remains of this once long forgotten city. It was indeed hard to believe that much of what lay before us, despite its obvious antiquity, was perfectly preserved, at least as far as I could tell. And the Pope's ancient citadel was astonishingly abundant with life! Lush green fauna, illustrious gardens, strange looking yet docile animals; *and* human beings; tall herculean males and voluptuously antaean females, some dressed in white robes and some in midnight blue and gold. And many, especially those who lay basking in the effulgent pools of steaming hot mineral water, adorned in naught but playful clouds of steam and the soft coloured light that seemed to emanate from the

pools as well as various large stones that nestled themselves cozily between the thick vegetation and the ground beneath them.

"As the Master has declared, the hero knows when it is time to rest," said the Pope as he and Jason quickly disrobed and simultaneously dived into a nearby pool. "When in Rome," hollered out Jason in my general direction. I soon found myself slipping head first through the glowing and calescent liquid below.

This particular pool radiated with a sort of mystical purplish light that rose above the surface of the water into a fine mist, which in turn, continued to ascend from the soothing effervescence several feet higher into the cool night air above.

It was not long before I found myself quite comfortably harboured between two of the immense blonde-haired wonder women that I had previously been admiring from some distance. Silently and systematically they began to wash me with some exotically fragrant sort of saponin or soap. As one of their hands began to apply the lathering & aromatic bar of solvent to my, so-called "privates," I briefly closed my eyes. And in my self imposed blindness I could see a long and winding cord of silver extending from the point that was now being washed. It flew, as if off through the limitless boundaries of space and time in several directions. As I studied the silvery cord for a bit longer I couldn't help but being somewhat amazed at the unmistakably decided and undulant motion it made as it moved across the dimensionless & eternal abyss that silently engulfed it and me. *"Nuit"* whispered a voice from somewhere within me. *"Nu-it - Na-hash - Tu-it - Na-hash - Du-it - Na-hash - ..."* it repeated with a distinct flow and meter; the glimmering serpentine cord that extended from me, pulsating in perfect time to the magical lilt of the words.

I do not exactly recall when the two women, who were now both fondling, stroking and bathing my more than grateful genitals, began to synchronistically whisper the words I, at first, had only heard within the confines of my own head; for as I opened my eyes I became deeply entranced in a sort of burning bewitchment that streamed forth as lasers from their crimson irises. And as I gazed ever more deeply into their massive plumes of flowing and fiery red hair, I could not help but feel the burgeoning onslaught of a new anointment or initiatory rite of passage or gnosis (or whatever one might want to call it) as it pushed its way through my physical and then more subtle body with the insistence of a 1938 Big Boy locomotive, steaming its

way through the eternal tracks of my consciousness. Naught but dreams followed, dreams of wild orgies and feasts of drunken ecstasy; of sailing across the Universe as upon the wings of either devils *or* angels. And of the undulating life-rhythm of the silver thew or serpent that, as far as I could tell, extended on into the unfathomable depths of perfect infinity.

After awaking from what seemed to be an endless succession of dreams and visions, I could vaguely make out several male figures adorned in an elaborate array of ceremonial robes & jewelry.

"We must now prepare for the great invocation," said the one standing directly in front of me.

"There is little time left," quickly added another.

I rubbed the sleep from my eyes and with a quick quivering of my head, I attempted to shake the cobwebs loose from the fading corridors, chambers and miscellaneous alcoves that lay hidden within the confines of my unconscious mind.

"You have successfully passed through the first three ordeals and it is now time for you to take a stab at the fourth," I then heard still another say. I knew in an instant that this was the voice of someone I knew. As my post-slumbered vision cleared, I glanced up to see the Holy See. He was adorned in an exquisitely fashioned set of red & black satin vestments, which included a headdress of fabric, precious gemstones and a multi-coloured myriad of flowing and exotic feathers of one sort or another. Not to mention that he looked nearly half as old as when I last seen him.

"The great demon Lucifuge Rofocale must be summoned at exactly midnight and you must be dressed, ready and in place by at least a quarter to that hour," he pontificated in a somewhat laconic fashion. The Pontiff and the rest of the robed men then slowly exited the solferino, gray, russet and Chinese red sanctuary of my lavishly decorated boudoir. At the foot of my bed I noticed that a set of garments had been neatly laid out. I examined them for a moment & then slipped out of the huge bed I'd somehow been transported to, stretched my arms towards the elaborately carved wooden ceiling and rolled my head from side to side whilst I refreshed the rest of me in the irresistible sigh of a huge yawn.

I walked over to a nearby vanity and looked into the mirror that was attached to the back of it. I was no longer nearly sixty-years on but twenty or twenty-one at best. In the reflection I could see behind

me several Nordic women, their light blonde hair flowing over their naked torsos as gentle fields of flaxen wheat in the early autumn Norwegian breeze.

I closed my eyes for a moment as I breathed in a distinct feeling of exaltation. I could sense the connection between Lucifuge and my Self beginning to occur as two of the women approached me from behind so as to hang from my shoulders a long black velvet robe. A long red sash was then draped equilaterally around my neck; a pendent of Baphomet, a golden crown or helmet that boldly displayed a spiraling set of ram's horns, a pair of black sandals and two serpentine gold bracelets followed—all the adornments needed for the invocation of the great Lucifer's right hand man except for one.

Two different women then called me back to the large circular bed across the room.

"Sit," said the one in a heavy northern European accent. As I followed her simple instructions she produced an alcohol soaked cotton ball from a fancy looking silver or pewter tray that sat nearby upon the surface of the impeccably crafted wooden bed.

"Dis vill only hurt only little bit," the other stated in voice but only a notch or two louder than a whisper. "I am artist at this, trust me," she touted with no small degree of conviction or insistence.

"Ready?" she asked, as her icy blue Scandinavian blue eyes connected with my own.

"Go for it!" I replied, (wondering how it was that I was so easily agreeing to what I knew was coming next).

As the surgical steel began to pierce the topmost layers of the pliant and warm epidermis that covered my chest I instinctually forced my eyelids into...close position. I could feel the trickles of blood make their way down the nakedness of my front side yet I indeed felt not one iota of pain. And, of this much, I was indeed quite thankful. I would occasionally take a peek at the progress she was making as she continued to apply the fruits of her talent to the surface of my skin with the diligence, focus and perfection of a master diamond cutter for several more minutes.

When she had completed her task she grabbed me by the hands, lifted me to a stand and proceeded to guide me back to the mirror. Upon my breast she had, with no small degree of excellence, carved the Mark of the Master Therion, 666, the Priest of Princes. She daubed up the blood as I studied the revered sigil of the Sun & Moon Conjoined in the reflection before me.

Just then, I was handed a book; that is, an ancient Grimoire of spells and invocations. I turned to the page that was marked with a red satin marker yet before I could but read one word I heard a voice from near the entrance to the room demanding:

"Come now, vee must not vaste time, come, come..."

Frater Abraxas, a dear friend and ally of the Pope, stood before me, spouting out the proper prayers and incantations as the general assemblage of those in attendance airily sang what sounded like Gregorian chant. And then, at midnight, the Pontiff delivered the solar adoration unto the dung beetle-god, Kephra.

I could feel the presence of an almost inconceivably high intelligence begin to make His presence known within the subtle brains and bodies of the temple's inhabitants. It was as if a life-beam from the living and most Holy Sun God Ra had pierced the inner eye of my soul. I indulged myself in the moment as I scanned the interior of the elaborately decorated underground temple. I gazed at a small fire that silhouetted a naked priestess at the peripheral edge of the great circle. Mindlessly I watched the flames through the aperture that opened between her legs. I wallowed in the mystique of the whole affair, the torches upon the walls spoke to me in a silent tongue, the statue of the beloved Goat of Mendes that topped the alter seemed to move in time with the ancient and heavily echoed chanting that filled the interior of the dank & stone temple. Nowhere on earth was there an atmosphere more chthonian than the splendidly infernal atmosphere that then existed in that room.

Memories of Lemuria skated through and then faded from my thoughts; being replaced by a radiant feeling of excitement & anticipation that relentlessly pulsated through my being, pushing me to ever higher levels of self-awareness, satisfaction and anomalous desire. It seemed as if every second became more and more sacred as we moved closer and closer to the well planned for and long awaited invocation of the Prime Minister unto the very King of Hell. The grand vicar of Lord Lucifer. Lucifuge Rofocale.

The masked priestess laid herself spread eagle upon the great stone alter as billowing clouds of incense filled the room with a shifting scarlet-gray hue. I pulled the sweet, spicy aroma of the surrounding air deep into the centre most point of my upper body.

The sight of her naked and painted body began to fill my being with an overwhelming sense of lust and vigour. Two of the Scandinavian women I had seen in the boudoir lifted the huge black robe from my shoulders. My most divine part of mind and soul; that is to say my wand of flesh and muscle and (ever-increasing amounts) of blood began to swell with anticipation as I continued to study the woman before me with no small degree of wantonness. As I began to walk towards her I could smell the intoxicating pungency of her perfumed body through the heavy billows of incense smoke. As we then locked gazes, I could feel a flaming bridge of passion and desire span the ever-decreasing distance between us. I lifted myself up upon the alter as her supple young limbs engulfed me in an ocean of pleasure and utter satiety. A satiety that grew stronger with every passing second.

I moved over her smooth warm body as a serpent over the lush green grass of a mid-summer meadow. I kissed the shaven and painted lips of her awaiting vagina for several prolonged seconds until I began to move my mouth, my lips and the wetness of my lambent and blood-tinged tongue gently, slowly towards her own.

We lost ourselves in a succulent whirlwind of passionate kisses for several more moments. I could feel the soothing softness of her slender fingers as they gently tightened their grip around my throbbing and more than ready phallus. I could feel the heart within my chest pounding out the delight of existence, as if existence was the bride of the Devil Himself—the God of pleasure and drunkenness and orgasm.

She moaned in wanton whimpers of delight, sheer and unrestricted, as my welcome rod slid gladly through her lips, the lips that were, at that very instant, the gateway unto the heart of heaven itself.

"The Cunt is Hell which is also Paradise," I thought to myself. "The Devil is my ecstatic Cock, the Serpent, the Liar, the Fool, the God—Me." I thrust my penis harder and deeper... I pictured the serpentine cord that extends from the astral self unto the boundlessness of the Universe as a blazing snake whose name is Nahash, Lucifer, Satan, Set, Yeheshua the Liar, Aiwaz, Horus, the Child-god/the God of War.

"Odin," she whispered and then repeated several times. She then proceeded to babble on in a strange and foreign tongue as I, in the very essence of things, became as the Beast upon Babalon.

At the end of our all too brief entanglement, we deposited the fruit of our love making upon a parchment that contained the unholy and

the holy, the sacred and the blasphemous sigil of the Prime Minister of Hell—Lucifuge Rofocale.

I held the crystal ball, head level with out-stretched hands as the Pontiff, facing me, called upon Lucifuge Rofocale to appear in the name of Lucifer & Aiwaz... Loudly and with the extremely brazen enthusiasm and or conviction befitting a man of his intellectual, spiritual and magickal stature he repeated the words, phrases and poetry of the aged invocation.

A guarded but no less eager sense of anticipation and confidence mounted within me even as flurries of doubt began to fly throughout the outer regions of my consciousness. Seconds began to turn into minutes as the Pope's mesmerizing incantations continued. Yet soon, the flurries would turn to snowflakes in the wind as whatever doubts I or any else in attendance may have had diminished; disappearing into the abyss of oblivion as the demands of the Holy See slowly transformed any doubts into a visible reality for all in eye shot of the now glowing ball of polished quartzite to behold.

Lucifuge first appeared as a radiant yet cloudy and distorted image within the interior of the crystal. As I peered into the ball I could, within a short period of time, recognize one image and then another and so on. The eye of a cat, which would change from one luminous color to another, spindly clawlike fingers and hands, spiraling horns and, eventually, the crystal clear portrait of Lucifuge Rofocale.

A strange and telepathic communication then commenced that had the effect of completely involving all within the temple who even entertained the notion of engaging this immensely powerful and ancient spirit. Within the confines of my own brain I could hear the sound of pounding timpani, of majestic brass and sweeping flourishes of echoing flutes and stringed instruments. It was as if the great amphitheatre that somehow existed deep within the mysterious domains of mine own soul had engaged the Devil's own well rehearsed as well as exquisitely accomplished symphonic orchestra to work its grandiose magic within the orchestra pit of that theatre. I held the crystal ball higher in the air and closed my eyes.

Soon, whatever mystical Force that had, at first, appeared only as chaotic and indistinct images within the skew-stone had worked its way through the capillaries & bones; the nerve cells, sinews, muscle and flesh of my two out-stretched and uplifted appendages. Flowing and unstoppable currents of pulsating electricity soon began to fill my body and brain. As I slowly opened my eyes I could barely see the

immaculately garbed Pontiff through the strange effulgence of gold and white fire that had by now completely enveloped me. To my best recollection this was the flashing snapshot of rapture that directly preceded the Arch-demon Lucifuge Rofocale's possession of me. I could feel my consciousness begin to soar as the other-worldly consciousness and intelligence of the Arch-demon Lucifuge Rofocale, the very Prime Minister of the Nether-worlds systematically and utterly took control of the carbon based manifestation of my physical being. And all this, mind you, at the impeccably delivered insistence of the Pope.

It is now all but impossible to recall that which took place from that point on. It is only from the sound and the images that were captured by the various audio & video recorders we had utilized that night that I am able to now relay the strange conversation that took place on Walpurgis Eve, 1978.

As Frater Abraxas held up the parchment that the unknown priestess and I had consecrated earlier, and as the holy (or unholy) Gnostic See incanted the ancient & hypnotic words of invocation, the somewhat blinding radiance that surrounded me gradually began to take on the form of the demon. And in time, the glowing and mystic light would eventually transmute itself into an opaque and multi-coloured image. Also, the blazing wall of fire that had, at one point, completely engulfed me could, at this juncture, only be detected as radiant glints of light or fire that flickered and escaped through the seams of the unearthly apparel and the countless hairline fissures that layered the bewitching and ancient figure's skin from head to toe.

"Why hast thou summoned me from the rapturous comfort of my paradise that lays beyond the world of mortal men?" demanded Lucifuge as his hoarse voice filled the interior of the underground sanctuary with a thunderous roar.

"So that the Secret Chiefs of the living Earth might know the very secrets of heaven and hell o gracious and exalted one," responded the Pope.

"This is no concern of mine—what thou knowest or does not know, why should I deliver aught unto thee o Bishop?"

"Because I have invoked thee in the exalted names of Lucifer and Aiwaz and Satan who is the reigning Emperor of Hell lord Rofocale!"

"What then shall you surrender unto me o true Pontiff of the world of Humankind?"

"My governorship over the chosen elite of this world for the period of exactly one Earth year o powerful and most enlightened magistrate of lord Lucifer," answered the Pope. "Of these ye shall be allowed to direct and manipulate for the aforementioned time period according to the Law of Nuit and Hadit and the great God Ra-hoor-kuit as delivered unto the Master Therion through the great Angel Aiwaz," boldly stated the Pontiff.

"Not enough!" resounded Lucifuge, "not enough!" This gave the Holy See pause as it had been discovered before the ritual, through certain strange and exotic divinatory techniques, that this would indeed be the very gift that would entice the aged and fallen angel to reveal that which only one of his high degree could reveal.

An eerie silence overwhelmed the occupants of the richly decorated subterranean temple for several somewhat tense seconds.

"Is it not the wish of ye and thy lord, who is called Lucifer the Great, that the world of men be freed from the tyrant-god who, in a rage of pompous and unrelenting anger, cast thee, thy Lord Lucifer and many a sundry legions of magnificent and wondrous beings such as yourself into the seclusion of Hades that Man and Woman-kind should ne'er realize the majestic puissance that exists within them... that they should forever be forbidden communication with the truly liberating Intelligence that once ruled the Earth & all the celestial spheres?" the Pope finally retorted.

"It is," whispered the fallen angel in a low and gravelly tone.

"Is it not then thy desire that the Holy Spirit that dwells within Man and Wo-mankind should join thee in a new Æon of self liberation; an Æon that shall render unto thee and the inhabitants of the Earth the freedom and the right to shake off the bonds of slavery and the perpetual enforcement of disharmony and ignorance?"

"Send forth the High Priestess of Odin," replied Lucifuge with the unmistakable hint of a smile. "Let her approach me now then," he continued.

Naked, save the mask that concealed the upper portion of her face, the priestess stepped forward. The Mark of the Beast, which had been so solicitously cut into the middle section of her voluptuous Caucasian torso, began to shed tiny droplets of fresh warm blood. Lucifuge's neck then began to gradually extend in her direction as if it were composed of some sort of electrically charged plasma.

Quivering beams of blinding light then began to swirl around him as his swarthy and powerful face came closer and closer to the

approaching priestess. The priestess closed her eyes as Lucifuge's extremely long and skinny tongue began to lap up the blood from her breasts and belly.

Within thirty to forty seconds, the newly summoned life of the party had enlarged his visible stature to elephantine proportions. At that point, (as I have noticed from watching the video over and again) one could barely make out the glowing design of Crowley's Sun & Moon sigil (the legendary Mark of the Beast) that emblazoned the arch-demon's, now naked, chest. Then, as the index finger on his left hand gently touched the centre of the luminous sigil upon his own breast, his right hand simultaneously extended towards the priestess, touching the centre of the sigil of the Beast that was by now radiating with a persistent and pulsating light & rhythm upon her well-endowed breast. As the "physical" contact between the two entities continued the now huge and pliant demon gradually dissolved into a sort of glowing mist of amorphous vapor. The curious mist then languidly streamed into the vagina of the Nordic priestess, filling her entire body with a strange sort of radiance, which seemed to escape and radiate through her eyes, the tips of her fingers and the blood tinged Sun & Moon Conjoined sign between her large white breasts.

The Pope and Frater Abraxas scurried to break her fall as she quickly collapsed upon the hard stone floor. There was little to be seen after that point as the surrounding area became invisible due to a brilliant and blinding explosion of light that resulted from the unexpected union of Lucifuge Rofocale and the masked priestess.

In the wake of that silent blast of light, the high priestess and I were found huddled together atop the alter. Between us was an age-worn leather-bond book that bore a title that was written in Sumerian or Mesopotamian script.[1]

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[1] The preceding was extracted from a much longer story which I have entitled "The Aeon of Horus." It deals with several "me's": several personalities or levels of "individuality" that I may or may not be experiencing at any given time at any number of given points in an infinite Universe.

If the events and or characters that I have portrayed in this excerpt shocked you or offended some hidden "moral fiber" within you, then so be it. No one made you read it. The £ion of Horus is intended to unravel the tangled mess of already short-circuited wiring in one's brain; wiring that is, to a great degree, the result of incessant tampering by a highly dysfunctional group of war mongering primates called Modern Society (The Tribe).

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Cover Art by Amanda Fisher

ISBN 1-56184-057-2



